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**AMERICAN**

# **SURVIVAL.**

THE MAGAZINE FOR SAFER LIVING

APRIL 1988 VOL. 10 NO. 4

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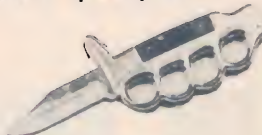
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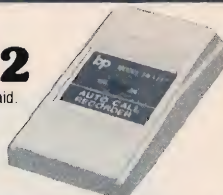
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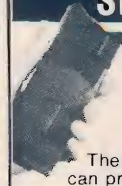
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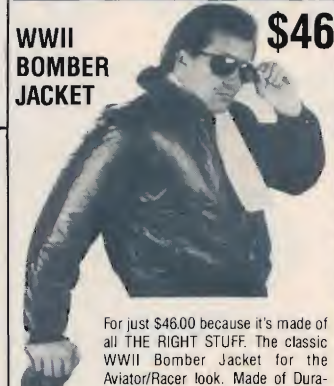
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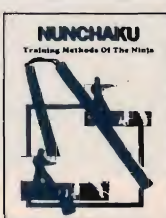


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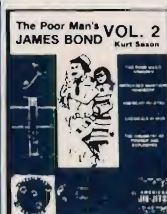
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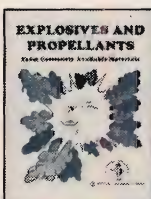


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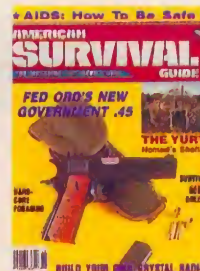
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# AMERICAN SURVIVAL GUIDE

THE MAGAZINE FOR SAFER LIVING

APRIL 1988 VOLUME 10 NUMBER 4



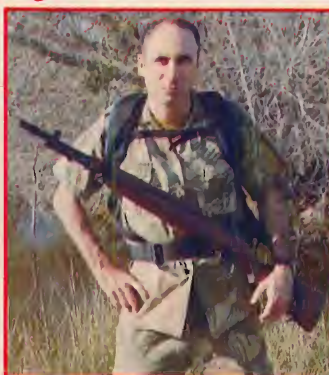
**COVER:**  
Federal Ordnance's new .45 Government Model pistol offers top quality, reliability and a reasonable price (photo by Jim Benson). See page 24.  
Inset: the yurt is light, sturdy, and easy to move and set up. See page 26.

- 5 Survival Line**  
Doomsday delayed, More radon deaths, Record bank failures.
- 8 To The Point**  
Survivalism and survivalists; myth versus reality.
- 10 Books/Videos**  
Poor Man's Bond 1, Survival Firearms, Living With Radiation.
- 12 New Products**  
Equipment of interest to the self reliant.
- 14 Crystal Radio**  
Crude yet simple way to tune in to the world.
- 16 Disasterproofing Cars**  
Beef up your car to handle the roughest back roads.
- 20 Trident**  
Stainless version of the Special Forces bowie knife by SOG.
- 22 Sleeping Gear**  
Low cost down, military extreme cold weather sleeping bags.
- 24 Fed Ord's .45**  
New .45 ACP Government Model from Federal Ordnance.
- 26 Timeless Yurts**  
The original Mongolian pack and carry homes.
- 28 Onoda Saga**  
Classic tale of survival: 30 years in the Phillipine jungle.

Page 54



Page 52



- 30 Parkas**  
Commercial & military extreme cold weather snorkel arctic parkas.
- 32 .38 Handgun**  
F.I.E.'s Titan .38 Special revolver with 4-inch barrel.

Page 56



- 36 PLO**  
Palestinian Liberation Organization's links to world terrorism.
- 43 Candle**  
Emergency light for 50 hours from Ready Reserve.

- 44 Road Stars**  
Delay or stop attackers with these tire poppers.
- 46 Marauder MK I**  
Large camp knife, bush machete, and hatchet all in one.
- 48 AIDS**  
What you don't know about this worldwide threat can kill you!
- 52 Scout Rifle**  
T-26 Tanker/Recon version of the famous M1 Garand.
- 54 Survival Horse**  
Selecting the right breed of horse to fit your needs.
- 56 Earth Ovens**  
Cooking nature's bounty the island way.
- 71 Survivalist Directory**  
Confidential listing for survivalists seeking communication.
- 72 Classified Ads**  
Messages of interest to survivalists.
- 73 Mail Call**  
Letters from the survivalist community.
- 74 Utility Trailer Kits**  
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- 76 Hard-Core Foraging**  
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# SURVIVAL LINE

*Doomsday clock turned back, radon killing more people, another year of record bank failures, Americans living longer, new nuke data net...*

**F**or the past 40 years the "doomsday clock" has been a gauge by which the prestigious *Bulletin of Atomic Scientists* has assessed the level of U.S.-Soviet tensions and the concurrent possibility of nuclear war. The last time the hands of the clock were moved was in December 1983, at a low point in U.S.-Soviet relations. At that time the clock was moved forward, to read 11:57, the closest to midnight (doomsday) that it had ever been except for the period of the Cuban missile crises when it read just two minutes to midnight.

Citing the lessening of tensions between the two superpowers, Leonard Rieser, the chairman of the board of directors for the *Bulletin*, recently moved back the hands of the symbolic clock by three minutes. The clock now reads 11:54.

**Radon Killing More** — Radon gas may be even more of a danger than previously thought. According to a new study sponsored by the Nuclear Regulatory Commission, as many as 13,000 lung cancer deaths a year can be attributed to radon exposure. The three year study also showed that for those who smoke radon exposure dramatically increased the chances of developing lung cancer. Says the study, "most of the increased risk is in smokers, in whom the (lung cancer) risk is 10 or more times greater than in non-smokers." The study also found that the previous government estimate of the number of U.S. homes with dangerous radon levels may have been too low. Prior estimates by the government had shown 8 to 12 percent of the 75 million houses in the country had dangerously high radon levels.

**Don't Bank On It** — Once again, for the sixth year in a row, a new record has been set for the number of U.S. bank failures. In 1987, federal statistics show that 184 banks were forced to suspend operations and shut down.

The Federal Deposit Insurance Corporation, FDIC, which oversees and insures customer deposits in U.S. banks said that the corporation itself, "might

experience the first loss in our history," due to the cost of paying off insured accounts. The FDIC insures individual accounts up to \$100,000 at commercial and savings banks. The banks pay premiums to the FDIC for this insurance and these premiums account for the assets of the FDIC. The agency currently has a total asset base of some \$18 billion. Losses to the agency brought about by the 1987 bank failures are expected to be in the neighborhood of \$200 to \$300 million.

**Live Long and Prosper** — In the past 10 years, according to the U.S. Health and Human Services Agency, the average life expectancy of U.S. citizens has increased by almost 3 years. Someone born in 1984 can expect to live to 74.7 years. By contrast, those born a decade earlier had an average life expectancy of 72 years.

Experts in the government cite the decline in fatalities from heart attacks and strokes as one of the major reasons for the increase in life expectancy. Between 1970 and 1984 heart attack death rates were reduced by 30 percent, while deaths resulting from strokes declined by 50 percent in the same time period.

According to the latest statistics a male born in 1984 will have an average life expectancy of 71.2 years, while a female born in the same year has a life expectancy of 78.2 years. Those who turned 65 in 1984 can expect to live another 14.6 years for males and 18.6 years for females.

**Nuke Net** — Spurred by the Chernobyl disaster, 31 countries including the U.S. and the Soviet Union have agreed to establish an emergency communications computer network to be used in the event of a similar occurrence. The new network will allow the rapid exchange of technical, safety, and accident related data between the participating nations. Though not yet definite, current plans call for the system to be coordinated through the International Atomic Energy Commission. •

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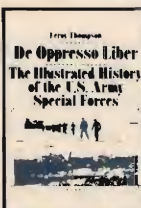
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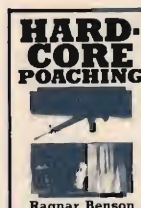
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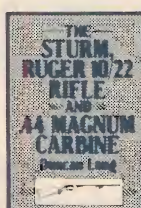
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# TO THE POINT

## *Survivalism and survivalists: dispelling the myths...*

A reader in Great Britain contacted me by radio telephone recently complaining that even more restrictive anti-gun legislation appears to be going into effect in that country that will force him to turn in his firearms to police. In the wake of the multiple murders committed by Michael Ryan in Hungerford in Britain last August, the hue and cry has gone out among anti-gunners, spearheaded by the press, for what is essentially the disarmament of the British people.

According to the British ASG reader, if the anti-gun law urged is passed, all but single-shot firearms must be turned in to authorities. As I understand it, Ryan used a Kalashnikov assault rifle in committing the killings and he possessed a number of weapons — some legally and some illegally.

In the November 1987 issue of the British magazine *Survival Weaponry & Techniques* (SWAT), the editor, Greg Payne, said in an editorial: "Following Hungerford, I received numerous phone calls from the press asking if Ryan was a subscriber to SWAT — he wasn't — and trying to find some connection by which they could class him as a survivalist. No such connection existed and so they turned their attention specifically to guns and demands for tighter weapon legislation."

The popular media image of the so-called "survivalist" as a gun-waving crazy made it inevitable that the media hounds, seeking to drum up excitement and controversy, would have to turn the latest mental case murderer into a "survivalist."

Of course there are some criminals, political extremists and psychos who consider themselves survivalists, but the rest of us do not consider them survivalists. The word "survivalist" for us here at ASG is simply a convenient term for describing all those people interested in one form or another of the art and science of survival.

People who want to be able to survive (if possible) any of the many threats to their lives — violent crime, natural and manmade disasters, war, etc., — are involved in what we term "survivalism." Without a doubt, the overwhelming majority of these peo-

ple are reasonable, law-abiding and patriotic citizens of the U.S., Great Britain and other countries in which they reside.

The Oklahoma mass murderer Patrick Sherrill, a postal worker and weapons instructor in the National Guard, was reported to have had "Survivalist" magazines in his home which were found by authorities searching it. It was reported in the media that copies of *Soldier of Fortune* magazine and the Soviet magazine *Soviet Life* were found in Sherrill's home.

While the Sherrill mass murders made good copy and screaming headlines in the press in this country, the anti-gunners were unsuccessful in using the incident to ban private gun ownership here. Unfortunately just the opposite appears to be the case in Great Britain.

Yes, the popular yet false image of the survivalist as a criminal, crazy or extremist persists in the media, here and abroad, and because of that image, a great deal of anti-survivalist and anti-gun propaganda is disseminated to the public. This is an enormous disservice to the real survivalists and to the public who can benefit from aid from survivalists in crisis situations.

Why do so many in the media insist on portraying the typical survivalist in such a negative light? I have a number of theories about it. For one thing, guns and crimes committed with guns are great attention getters, and the press needs to grab the public's attention to sell its products. For another, I long ago came to the conclusion that many people in the news media are anti-gun.

For all the Michael Ryans and Patrick Sherrills there are in the world, these people constitute only a tiny, tiny fraction of the millions of people who own and use firearms. And certainly, the Ryans and Sherrills are not survivalists. If the public will look past the hype, sensationalism and anti-gun propaganda generated about survivalism and survivalists, they will see survivalists for what they really are and discover the truth about survivalism — *Jim Benson*. •



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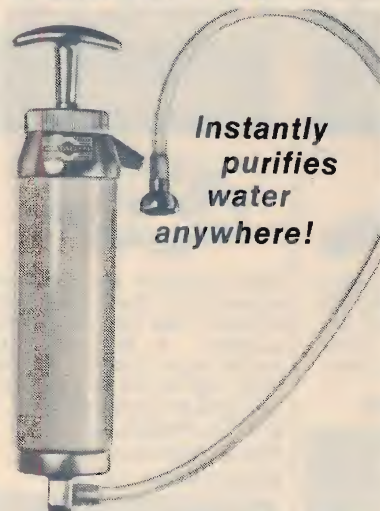
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**Your Body, The Ultimate Lethal Weapon**, by Keith D. Yates, 6th degree black belt; Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; 90 pages, softcover; \$10 plus \$3 postage and handling.

"Seeing you unarmed, an attacker might single you out as the perfect vulnerable target," according to an introduction to this book. "But little does he know: your body is a collection of deadly weapons. *He* — not you — is the one who doesn't stand a chance, because your foot can easily crash through his chest!" The author, a black belt in the Korean martial art of Tae Kwon Do, draws upon his extensive expertise in the martial arts to show the reader which strikes and moves, target areas to go for and blocks to make that he/she needs to know for street survival/hand-to-hand combat. Contents include sections on target areas, basic blocks and strikes, other weapons, combination techniques, defense against weapons, precautions. A useful reference and learning tool for those interested in self defense.

## Granddad's Wonderful Book of Chemistry

By Kurt Saxon



**Granddad's Wonderful Book of Chemistry**, by Kurt Saxon; Atlan "A" Formularies, Dept. ASG, P.O. Box 327, Harrison, AR 72601; (501) 743-2700; 413 pages, softcover; \$17 postpaid.

The original 19th century methods of home manufacturing for herbal extracts, essential oils, acids, gasses, alkaloids, etc. Most of the chemicals can be made from easy-to-get raw materials. Plus a complete course in laboratory glass blowing; *The Medical Student's Manual of Chemistry, 1889*; *Chemical Magic, 1920*; *How To Make & Use A Small Chemical Laboratory, 1926*. There is also a dictionary and encyclopedia for reference. Among the cautions listed in the front of this work it is observed that "most of the formulas and processes in this book have not been tested since they were originally printed. Later formulas may have been written by non-technical persons, unqualified to vouch for their safety." With that caution in mind, you could have a lot of fun and learn quite useful chemistry with this work. A valuable reference for the do-it-yourself chemist.

(Continued on page 64)



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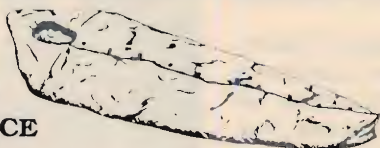
## Military Surplus LC1 Pack & Frame USED - EXCELLENT



Known as the famous Alice Pack, these are all completely checked from the frame out and are in number one condition. Coated aluminum frame. Heavy duty nylon pack with three large flapped pockets. Main compartment has draw string closure and all is covered by waterproof flap to keep the moisture out. With the fully adjustable padded nylon shoulder straps, this lightweight and durable pack rides comfortably. Large main compartment measures approximately 18" x 18" x 12" and will hold everything you'll need to carry. Olive in color on black frame. Three cargo pockets measure 9" x 6" x 7". The real beauty of this pack is that it was made by the military and will probably out last commercial packs five to one. Medium size bag. #8035

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**The Mountain Bag:** This bag is rated to 10°F with 40 ounces of crushed down and waterfowl feathers. These are all dry cleaned and repaired where necessary. We have been selling these bags for the last two years and can say that this group is the best lot we have had to offer--and at a special lower price. If you need bags for camping, hunting, or for emergency you will not go wrong with this bag. #8033

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Our supplier of LC1 finally got some large packs and frames in the quality that we demand for our customers. We can now offer them at only a few dollars more than the more popular medium size. This is a pack for those who want to carry everything - and almost any weight. The same features and quality as the medium ones. We guarantee that you will not find a surplus set of this quality for anywhere near the price. #0504

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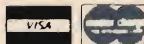


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# NEW PRODUCTS

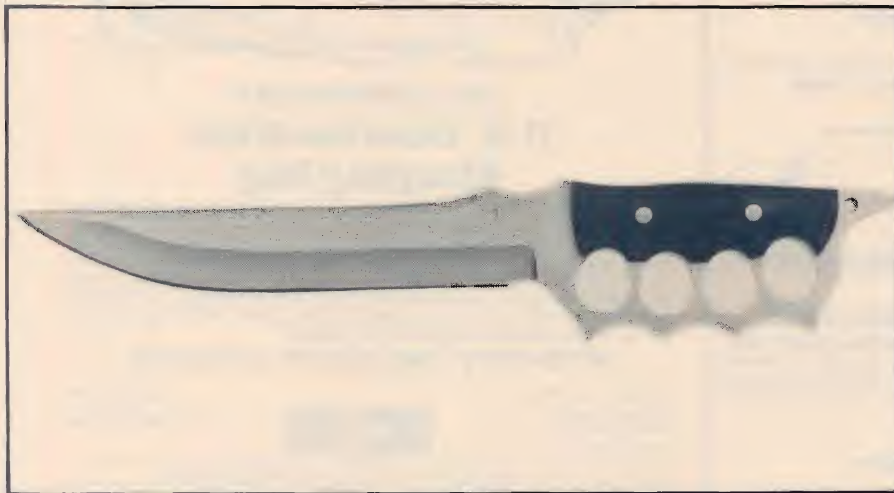
## Army First Aid Kit



The Army General Purpose First Aid Kit is now available from Nitro-Pak Storage Foods. The waterproof hard plastic case is made to military specifications and measures 7½ by 4½ by 2¾ inches. The components shown here are all fresh. Includes first aid instruction booklet. One of the best mini-first

aid kits available for campers, boaters, RVers, hikers and 72-hour emergency units. Price is \$34.95 postpaid in the continental U.S. from Nitro-Pak Storage Foods, Dept. ASG, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; (213) 929-4705.

## Argonne Assault



Busse Custom Knives introduces "The Argonne Assault." Bred from the infamous "Knuckle Duster" of WWI, The Argonne Assault features an integral design with blade, knuckles, and skull crusher cut from a single piece of ¼-inch thick 440C stainless steel. The Argonne Assault has a 9-inch blade and an overall length of approximately 15 inches. Handles are of black linen

Micarta and are permanently fastened to the knife with stainless steel blind bolts. The knife has a non-glare combat finish and includes a leather sheath by Don Baker. Price is \$685 and can be ordered from Busse Custom Knives, Dept. ASG, 11651 Co. Rd. 12 Wauseon, OH 43567; Phone: (419) 923-6471.

## Portarac



Tom Thumb Designs announces the Portarac, a portable magnetic rack for rifles, fishing poles or other gear that attaches to or detaches from your truck or car's body in one quick motion. The foam rack has a magnetic strip lining which adheres to any metal surface without leaving marks. The Portarac is flexible and conforms to curvatures of vehicle bodies. It has a positive magnetic grip that will not harm the finish and it is waterproof. It weighs less than 2 ounces. The Portarac is \$3 or two for \$5 postpaid from Tom Thumb Designs, Dept. ASG, P.O. Box 8640, Industry, CA 91748; (818) 968-2742.



### UZI Cocking Bar



A unique new UZI cocking bar replaces the undersized and difficult to use stock cocking knob on all UZI weapons except the UZI pistol. Made of a very strong alloy, the triangular bar is easily installed with equipment provided in the kit it is sold with—and without modification of your UZI. The new cocking bar has six functions: cocking, carrying the UZI, target framing, range finding, as a stand for the weapon or to hang it from. The kit it is sold with includes a socket-stud screw, spring-lock washer, Allen socket wrench and small amount of Vibra-Tite. Suggested price is \$35 with warranty from Attack Unlimited International. AUI is offering the bars for a presentation price of \$30. For more information or ordering contact: AUI, Dept. ASG, 1645 North Vine St., Suite 510, Hollywood, CA 90028; (213) 466-0641. California residents add 6 percent sales tax.

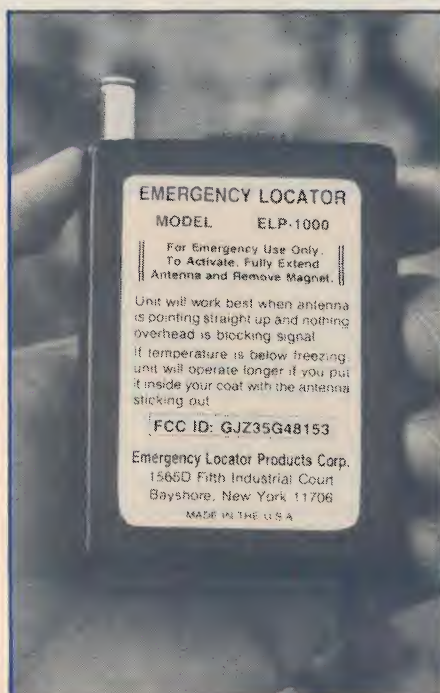
### Tear Gas Revolver



Most law abiding citizens only want to be left in peace without being mugged, raped, attacked, robbed or hurt in any way. In order to assure a person's safety, Guardian Products Company, a leading supplier of self protection products, has just introduced their new, all metal, 8 shot self-protector tear gas gun. It fires .22 cal tear gas shells or blanks and has the look and feel of a real revolver although it cannot be made to fire live ammo. It is side

loaded, double action and has a black metal finish with checkered grips and does not require a Federal license or gun permit. Firing a tear gas gun at an intruder or attacker is the most humane way to prevent personal harm without seriously harming the attacker. Retail price is only \$19.95 each, postage paid and is available from Guardian Products, Dept. ASG, 4001 East Fanfol, Phoenix, AZ 85028.

### Emergency Locator



Obtaining prompt help in remote areas is often difficult and sometimes impossible. The Human Emergency Locator transmitter is designed to save lives by calling for help in an emergency. In a life or death situation the Human Emergency Locator transmits a distress signal to a network of orbiting satellites. The U.S. Air Force receives the S.O.S. signal, locates the transmitter's position, and mobilizes a massive search and rescue mission that includes the Coast Guard and Civil Air Patrol. Rescue teams rush to the location by "homing-in" on the Human Emergency Locator transmitter. Size: 3½" x 2½" x 1"; Retail price: \$149.95. Contact Emergency Locator Products Corp. Dept. ASG, 1565D Fifth Industrial Court, Bayshore, NY 11706; (516) 666-5049. ●



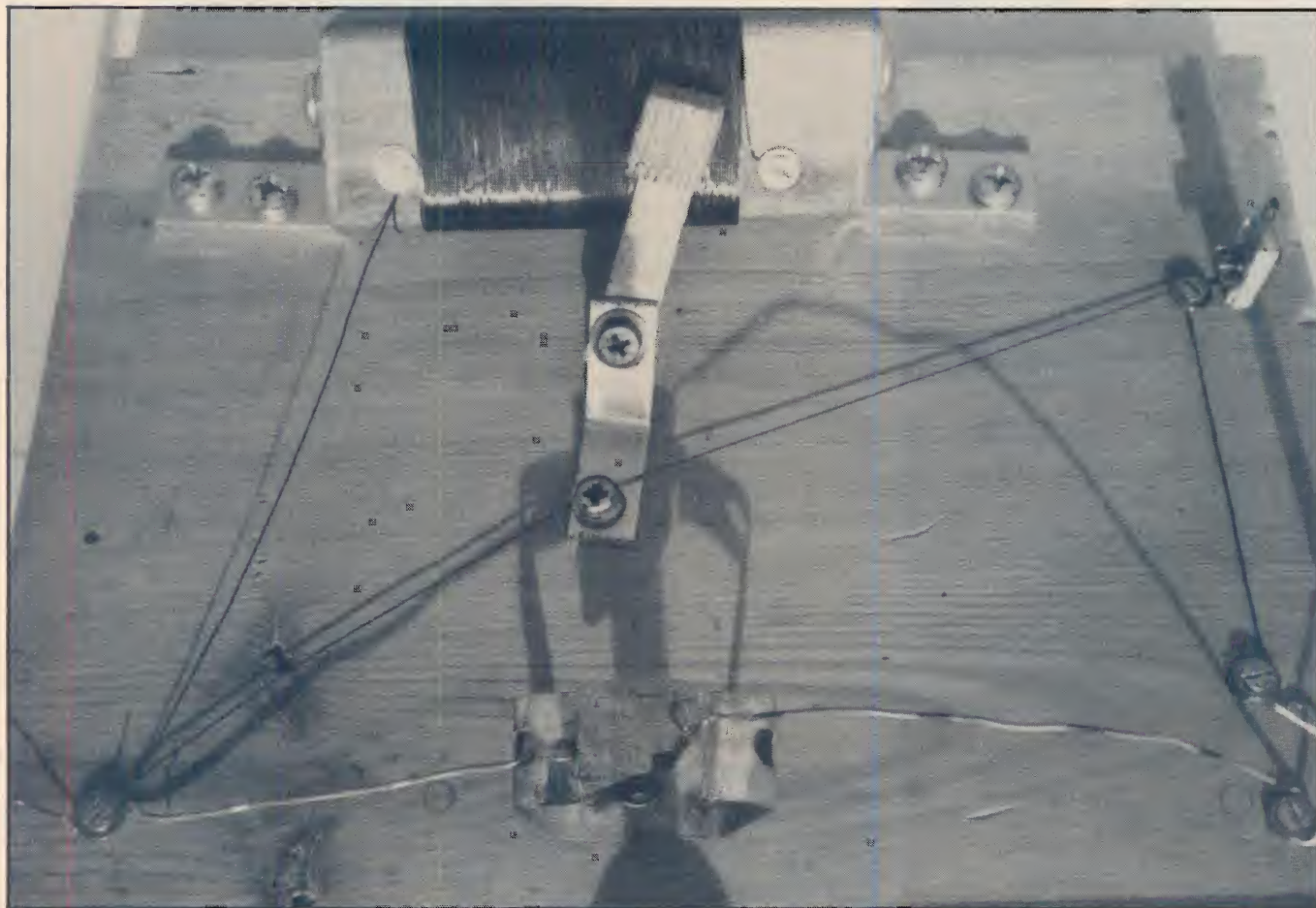
Emergency Communications:

# Crystal Radios

*Hearing voices in stones...*

by Allen Deeever

PHOTOS BY SUSAN MARIE DEEVER



Pictured here is the author's fully-functioning homebuilt crystal radio with a galena receiver.

**O**N Christmas Eve, 1906, sailors manning wireless telegraph radios all along the eastern seaboard nearly dropped at a dead faint. Inside the earphones of which they were long accustomed to hearing only "dits" and "dahs" there were voices, human voices coming through unmistakably clear, and then there was music! That night marked the date of the world's first radio broadcast and it was to change the course of the world forever.

1906 was a year to remember. Up until that time radio telegraph receivers (detectors) were dependent

upon fragile tubes that had a short operating span, were impractically large, required a warming-up period and were adversely affected by moisture. Clearly something better was needed... Something better was found.

General H.H. Dunwoody of the U.S. Army discovered that carborundum (an abrasive used in grinding wheels and composed of heated coke, sand, sawdust and salt) could act as a detector of Hertzian radio waves. Inspired by this find, Greenleaf W. Pickard searched the mineral world over for other crystals that might work just as

well or better. One notable crystalline mineral he unearthed and found to be an exceptional radio wave receiver was iron pyrite, making low-cost radios a possibility in every American home. In fool's gold the golden age of radio had begun.

**Magic** — To understand the "magic" of how a crystal works, one must first know a little something about radio waves. Radio waves are produced by generating rapidly alternating currents and "transmitting" them through an antenna. Audible waves



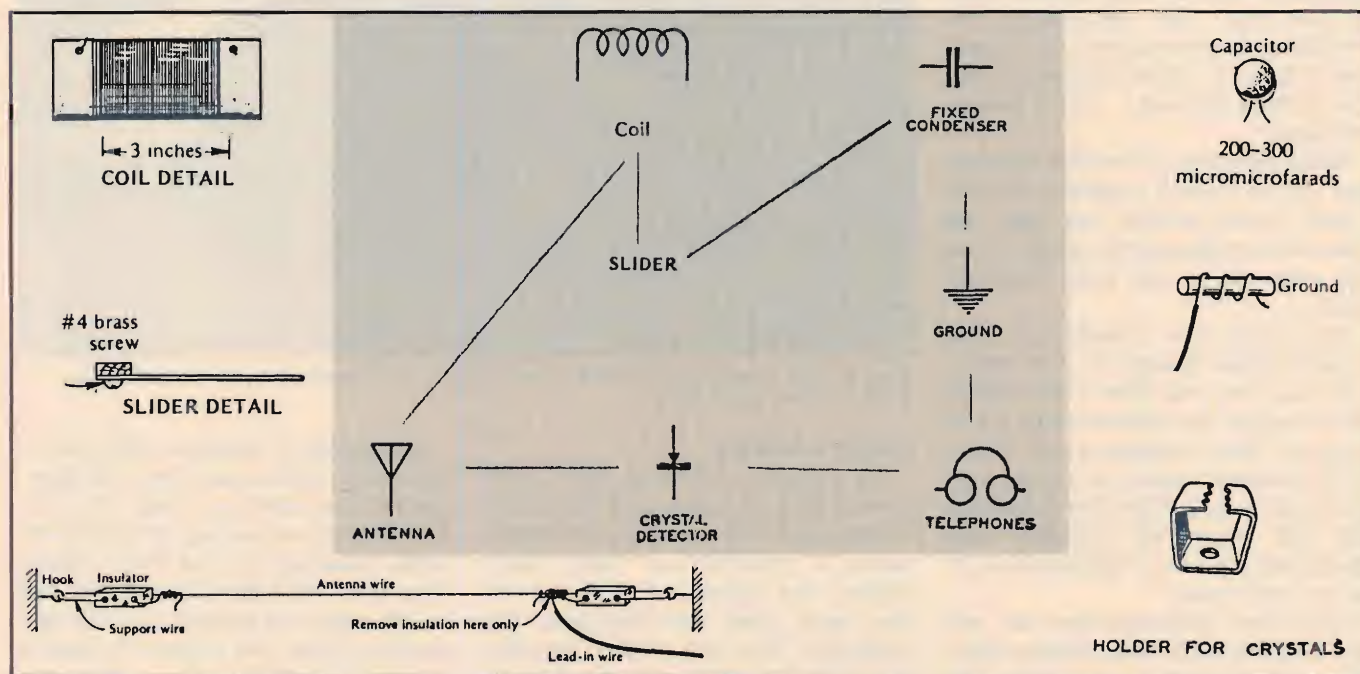


The world's first portable radio: an iron pyrite crystal. In essence, these rocks when attached to an antenna are receivers always turned on.

## Equipment Checklist

- |   |   |
|---|---|
| (1) 8 x 10-inch softwood "breadboard" block for radio base                      | (1) * 2-300 mmf (micromicrofarad) capacitor (optional)  |
| (1) 1½ x 1½ x 4-inch softwood block for tuner                                   | (1) 150-200 feet number 26 enamel wire for tuner and antenna  |
| (1) ½ x ½ x ½-inch wooden plug for tuner handle                                 | (1) 4-inch length insulated copper wire (antenna to crystal)  |
| (1) 4 x ¾-inch galvanized plumber's strap for crystal holder                    | (1) 5½-inch length insulated copper, silver, or gold contact wire "cat's whisker" (earphone to crystal) |
| (1) 2 x ½-inch galvanized strip for tuner dial                                  | (1) Small can fast drying varnish   |
| (1) One-inch angle bracket for tuner dial                                       | (2) 1½-inch angle brackets for tuner coil stand   |
| (1) Metal screw with (2) fitting washers and (1) nut for swivel on tuner handle | (7) Number 5 brass wood screws  |
| (1) Radio crystal or 1N34-type germanium diode (transistor)                     | (10) Wood screws and (10) washers to fit tuner coil brackets  |
| (1) Electromagnetic-type headset with a resistance of 1000 to 2000 ohms         | (12) Number 5 brass washers for use with brass screws on wire contact points.                           |

With the following equipment one can easily build their own crystal receiver. Please note that few of these items need be duplicated exactly. Crystal radios allow for an amazing degree of innovation: a gold jewelry stick pin can be used in place of the contact wire on a crystal (especially efficient on iron pyrite); an earphone can be a scavenged telephone receiver; the tuner block can be an empty cardboard tube, a jar or a thoroughly seasoned tree branch; any metal brackets or parts calling for galvanized sheet iron can be clipped from an empty tin can; and nails or bolts could take the place of wood screws.



Schematic of a simple home-built crystal radio. An even simpler model can be built by removing the upper two-thirds of the board, leaving only the antenna connected to the crystal, the crystal to the earphone and the earphone to ground.

heard in an electromagnetic-type earphone, however, can only be created by first converting these alternating radio currents into common varying direct currents by passing them through a semi-conductor receptor (receiver). Certain crystals possess the unique ability to act as receivers, naturally absorbing striking radio waves and converting them into usable energy. **Because of this nature of radio waves,** it is impossible to connect an earphone directly to a broadcast antenna and listen in on it.

So what does all this have to do with

the survivalist? Plenty. In the event of a cataclysmic disaster a great many people may be left, information wise, in a vacuum of darkness. The first thing any responsible government would do in such a widespread calamity is try to communicate with its citizens, assuring them, directing, whatever. The ability to build a simple crystal radio could mean the difference between making **informed decisions based on actual information** or relying on the whims of fate. . . and crystal radios are so easy to build.

Modern radios rely on transistors (a

glorified germanium crystal with two wires attached) for their radio receiving ability, but as Mr. Pickard's experiments revealed, a great number of naturally occurring metallic crystals can be employed in its stead; some of them working amazingly well. This is an important consideration in a survival situation as rocks are easy to come by, whereas transistors may be a little hard to scrounge.

Galena, a cubical lead and sulphur ore will actually pick up weaker (more distant) radio signals than a ger-

(Continued on page 34)



Emergency Reliability:

# Disasterproofing Your Car

*You can have a vehicle that looks normal but which can go places that many with four wheelers fear to tread. . .*

By Ralph Zumbro

A motorcycle pulls up in your drive on a cold, rainy night, and there's a peremptory knock on the door. As you cautiously peek past the safety chain, a uniformed policeman blows your nice, safe little world to shreds. "There's been a train wreck," he says. "A loaded gasoline truck was hit at a crossing, and there's a five-alarm blaze at the site. The locomotive was derailed and two tank cars were tipped over. There's a mix of unknown chemicals drifting this way . . . you'll have to evacuate!"

While your wife's corralling the kids, and you're loading supplies, the ten o'clock news informs you that the cross-town bridges are flooded out, and the only exit is the back mountain roads.

Now, just how reliable are your wheels? What spares do you carry? And can you and that crate handle back roads or cut cross-country if you have to? Most families don't own a 4WD weekend warrior, so you go with what you've got. When the defecation hits the rotary air impeller, that chariot sitting out in the carport is *IT* for you and yours.

Your tires determine how far and how fast you can travel and here, there is no substitute for ruggedness and traction. If there is the slightest chance of having to leave the pavement, you need to give some consideration to the rubber. Expensive, high speed tires won't work well out in the hills or on dirt roads. Look at the military, for instance. The Army can afford any imaginable kind, but they've learned to depend on thickness of construction and deep treads.

Think about this for a minute. Most modern tires are designed for high speed on relatively smooth surfaces. But you may be heading for dirt, sand, snow or mud, so you need paddlewheel type treads, not suction cups. Our family lives at the end of a rough and rocky dirt road that periodically gets flooded, and we have rubber for those



This car made it through the Big Bend country of Texas on a "counterfeit" spare tire that was flat, thanks to a little improvisation.

driving conditions.

We normally run 4- or 6-ply truck tires on the rear, and a good road grade on the front. The enemy in the hinterlands is abrasion and long, sharp objects, not speed and heat, so our tires need tread and thickness, not flexibility. The best rubber formulation we've found for year-round use is what is called the mud/snow combination. The summer sand/mud material is too hard for snow, resulting in burials and slide-offs.

The choice between radial, straight or bias construction is usually a matter of personal preference, but one thing needs to be mentioned. Steel belted radials are almost unfixable after a slash or tear, due to loose wire ends. My preference is a 6-ply truck/RV tire, with a pair of tubes in the repair box. That's belt and suspenders thinking, but it sure beats walking! One last shot on tires. Carry an extra spare and a hydraulic jack. A flat in the city is a fluke, but out in the sticks, you're still in the terrain that got the first tire, and the extra jack lends adaptability.

Suspension is another weak spot in most road vehicles and, here, the aftermarket companies can help out. The best shocks you can buy are just about right, especially on the front wheels. Your front end takes the jolts first, and at odd angles, so it should get the best shocks to give you control. If there's room in the budget, go for good shocks all around but the front end is priority one. On the rear, a pair of 1,500-pound overload springs should be mated to those paddlewheel treads.

Ground clearance is another critical factor, and most vehicles are capable of being raised a few inches. The rear wheels are no problem, as extended spring shackles will simply raise the body. The front, however, needs a little thought. Raising that end changes the steering geometry, so you'll need to farm that job out to a shop that can handle adjusting the caster and camber, as well as raising the body.

While you're having the suspension tinkered with, it wouldn't hurt to have a skid pad fabricated from 1/8th plate, and bolted under the engine and



trannie. That modification will cost you approximately \$75. in a small repair shop, but it's a lot cheaper than a punched-in oil pan. Another worthwhile modification is to have a permanent trailer hitch installed, that has skid bars to protect the fuel tank. The hitch allows you to drive around unloaded, while your trailer or camping gear sits in the yard. I know several Florida families who keep hurricane supplies in a trailer-boat, parked in the backyard—just in case.

Brakes also need some thought. Modern disc brakes are almost trouble free, but you may want to think about going for premium material next time you need new pads and shoes. Also, the bleed fittings have a tendency to freeze up, as time passes, and they should be given a treatment of Never-Seize. And sooner or later, the brake lines are going to rust through, so you should have splices for them in your box of spare parts. Life's little emergencies seem to happen far from home in bad weather.

You can do a modification on your emergency brake that will radically improve your off-road mobility. That is to attach a section of 1/8th-inch wire rope to *each* cable, and route it to the driver's seat. Next, attach the end of each cable to a homemade handle. Now, when you sink into the mud and one rear wheel (usually the right) spins helplessly, you can just reach down and pull the lever which stops that wheel. Because of the way the rear end is constructed, that will force the other wheel to turn. This is known in the far places as "Po-Boy Positraction," and



The snow is melting and the river will soon be flooding over this road. This is no place for a breakdown.

it effectively doubles your power in the soup.

**Fuel, Ignition Systems**—All this super rugged running gear does no good if you can't turn the wheels, of course; so the engine's fuel and ignition systems are our next concern. Most new cars are loaded with full spectrum electronics, and if the onboard computer throws a tantrum, the average driver is forced to take it to the dealer. He plugs it into an electronic analyzer that, in some cases, has to be connected to a Detroit computer. These two "brains" advise the local parts swapper what goodie to replace, and you're on your way. For day to day driving, where parts facilities are available, this works fine, but if you live in a locality where you require a super reliable vehicle, or simply like to run the woods on weekends, you may want to

consider some radical changes.

A vehicle that's expected to go places where it can't be plugged into a dealer's computer every time it hiccups, has to be simple to diagnose and fix. Out in the boondocks, whether for pleasure or panic, you need simplicity, so let's see what can be done to de-clutter the machinery.

Most of our so-called new generation engines are metric versions of Detroit iron, and there's an easy way to find out what's under the hood. There's about 60.4 cubic inches per liter, and by that measure, a 5.0-liter Ford becomes the familiar old 302. How 'bout that? Suddenly we're back in the good old American part-swapping business. That block goes all the way back to the 1950s, when the 260 took over from the flatheads, and almost any ignition part which was ever manufactured for a small-block Ford will fit it. Just check the parts ads in such publications as *Street Rodder* or off-road magazines.

In other words, under all the gee-whiz electronics, computers and \$500 intelligent carbs, is the same old collection of pistons, crankshaft and valves we grew up with. Now, one of the first things you can do to build ultimate reliability into your weekend woods basher or getaway special, is to dig up an old-style distributor, and plug it into the block, along with a pre-computer carburetor. That distributor bolts to the manifold of a V-type engine, and to the side of the block on an in-line engine. There are only two things you have to worry about: matching the drive gear of the one you're replacing, and matching it up to the proper number of cylinders.

You can get mechanical distributors from sources as varied as J.C. Whit-



The squeeze ball allows instant starts and acts as a fuel pump backup. The fuel line is led past the driver's left hand. This assembly can be carried coiled up in storage and installed when necessary.



## Disasterproofing Your Car

ney, Sears or Wards parts departments, or your local speed shop or wrecking yard. You will, however, need to remember to *change* to lower voltage plugs. I got caught that way, once, and it's a bit frustrating.

The marine industry went through a phase of experimentation with the wonder equipment a few years ago, and the result was predictable. Solid state electronics tend to go schizo when exposed to saltwater, so the marine people went back to mechanical ignition. As a result, if the boating industry has ever used the model of engine in your car, a marine distributor will have the necessary parts available, and will furnish *bombproof* ignition—literally.

**EMP**—For those who are concerned about the effect of the EMP (electromagnetic pulse) of an atomic blast, consider this. The Enola Gay didn't fall out of the sky when the bomb went off, and the Japanese had no trouble with any of their emergency vehicles. And the cars of the '40s and '50s were driven around the test sites with no trouble . . . Enough said!

Okay, we've assured your spark supply; now, how about the flow of go-juice? Fuel filters only cost a few bucks, and many drivers carry a spare; but when the pump croaks, that's it. Most modern autos use sealed fuel pushers that aren't designed to be stripped and fixed. There are several cures. The best is to plumb an electric pump into the line and use it as a booster, or primer, when needed. Much of the time it will sit idle, but when, not if, the main pump goes, a flip of the switch will keep you going.

There's an el cheapo version of this trick, and that's to install the squeeze ball from an outboard engine in the fuel line, and run the hoses to where the ball can be reached by the driver. This trick has allowed me to store an ancient motor home through a minus 20-degree winter, and start it on the first try—in March!

Another fuel system alteration that will pay dividends is the installation of a pressure regulator. Fuel pumps usually are set a bit too strong, in order to ensure an adequate supply at all times. Therefore, most engines run a hair too rich, costing you cruising range. Pumps generally deliver between 5 and 8 psi, but I've run V-8s on 2½ psi, resulting in increased range. While I



A fuel filter and pressure regulator give you personal control over the fuel flow by lowering excess volume and trapping unwanted crud.

don't recommend the practice, I have reduced fuel consumption in an emergency by taking the belt off the power steering pump. You can steer manually, with some effort, and in that particular car, the pump took one gallon per 100 miles.

Once the fuel is up to the carb, you'll have to find a way past the electronic metering devices and other gew-gaws. Fortunately, that's no problem. The auto companies regularly switch from Holly to Rochester, to Carter, and back again, for OEM carbs, and so can you. There are only a few bolt patterns for carb mounting, so there are only two things to worry about—the linkage and the air requirements of your engine.

One comment needs to be made, regarding the efficiency of modern equipment, about the older style gear we're putting on. Our fathers, back in the 1940s, got approximately 20 miles per gallon out of a 3,500-pound sedan at 55 miles per hour. A 3,600-pound 1986 Toyota Supra only gets 17.5 miles per gallon, so you're not going to lose mileage, only gain reliability.

You now know it's possible to find reliable, simple ignition and fuel components, and you've got a handle on where to find them. But what can be done to increase durability and engine life? If you're keeping ahead of a flood, or punching up soggy mountain roads, pulling a trailer full of supplies, that engine is going to generate more heat than the car designer ever expected. The engine, transmission, and so on, will perform through thick and thin, *as long as they are kept cool*.

I once got stuck with the job of hauling a large, heavy cargo trailer from

Illinois to Key West, by way of Buffalo, in the heat of August, with an ancient six cylinder sedan. That vehicle, with that load, couldn't be taken over 40 mph without overheating. In Buffalo, I had a radiator put in that would handle a 440 Magnum, and that car couldn't be made to overheat under *any* conditions. The point of all this is that the manufacturers have to make a profit, and original equipment only matches up to *expected* use.

Up to 40 percent of an engine's cooling is done by the oil, and radiated off by the exposed pan. When the underside is caked with mud, there's not as much radiating going on, so you'll want an oil cooler which will cost about \$30, and will take much of the cooling load off the radiator.

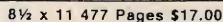
An automatic transmission also generates large amounts of heat, and so a transmission cooler will greatly extend its life. It is possible to buy a combination engine oil/transmission cooler that has its own fan, and mount it anywhere that's convenient. Many of these units also have a remote filter mount built into them, which makes changing oil a lot easier, and ensures that it will be done more often. Granted, we're now looking at about \$150, but that's lots better than a blown engine in the hills.

**Electrical System**—The electrical system is our next concern for upgrading and, here, the cost accounting engineers have struck again. The battery and alternator in newer cars were designed to work with each other, and were *not* designed for the type of deep

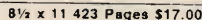
*Continued on page 69*



Volume 1 By Kurt Saxon



## Granddad's Wonderful Book of Chemistry By Kurt Saxon



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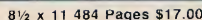
WE SHALL FIGHT  
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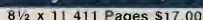
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HAND-TO-HAND COMBAT



**The Poor Man's JAMES BOND VOL. 2**  
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**The Poor Man's JAMES BOND** **VOL. 3**  
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# THE SURVIVOR

**SPECIAL CATALOGUE ISSUE**

## "AMERIKA"

### WHY IT MIGHT ACTUALLY HAPPEN



## THE WAY WE WERE

and the others. The men making the film, called "The Five Minute Film Festival," are a group of young men who have been working on the film for a long time. They are all from the same area, and they are all very talented. They have been working on the film for a long time, and they are all very talented. They have been working on the film for a long time, and they are all very talented. They have been working on the film for a long time, and they are all very talented.

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THE SURVIVOR was the first publication on preparation for a total collapse. Now into the 6th volume (Vol.s 2-3-4-5 are being reworked). THE SURVIVOR advertises hard-to-get products. A year's sub. gets you the next 12 issues plus available back issues. Some items covered so far: Skinning a Squirrel, Pickling Fish, Smoking Fish, Become a Plant Wizard, Mounting Shakeskins, Making Carne Seca, Waterproof Fire Starters, Chemical Glassware from Old Light Bulbs, the Saxon Shocker, a Folding Reflector Oven, etc.

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APRIL 1988/AMERICAN SURVIVAL GUIDE 19



SOG Specialties:

# Trident

Stainless steel variant of the Vietnam-era Special Forces bowie knife...

Staff Report



**C**ARRYING the U.S. Navy SEAL emblem on the blade, the new Trident combat/utility knife from SOG Specialties is a completely stainless steel version of the famous SOG (Special Operations Group) bowie knife issued to Special Forces and other elite troops during the Vietnam War.

Besides its stainless metal parts, the Trident is the first knife featuring laser cut, resin-impregnated, stacked micarta washers in the handle which renders it totally waterproof.

The thick .280-inch hollow ground blade is entirely hand made, hardened



to a Rockwell 57-58 and honed to a razor edge, making it one of the strongest, sharpest and most durable production knives on the market.

A heavy duty Cordura scabbard designed especially for the Trident houses the knife in a 360 degree orientation, allowing it to be carried on web-gear and harnesses of all kinds.

The Trident is \$199 with scabbard. For more information or ordering contact SOG Specialties, Dept. ASG, P.O. Box 1006, Santa Monica, CA 90406 (213) 451-4292. ●



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Survival Incorporated:

# Sleeping Bags

*New and used military Arctic extreme cold weather  
and imported new nylon cool weather sleeping gear...*

Staff Report







**T**HE Extreme Cold Weather Bag is made to exacting U.S. military specifications far exceeding those demanded by commercial use. Weighing a hefty 15 pounds each, these bags are meant to insure survival in almost any weather conditions.

Survival Incorporated (SI) has purchased a substantial quantity of these excellent bags in three conditions: new unused; used excellent condition; and used good condition. SI sells most of these military bags, designed for use in the Arctic and other very cold regions, to people who live in Alaska, Canada, Wyoming, North Dakota or other parts of the country where the temperature can get down to 50 below.

New, these bags are sold for up to \$275 and even used ones can cost more than \$100. SI is offering the new unused bags for \$149.95 plus \$7.95 S&H. Used excellent condition bags are \$110 plus \$7.50 S&H and used good condition bags are \$79.95 plus \$7.50.

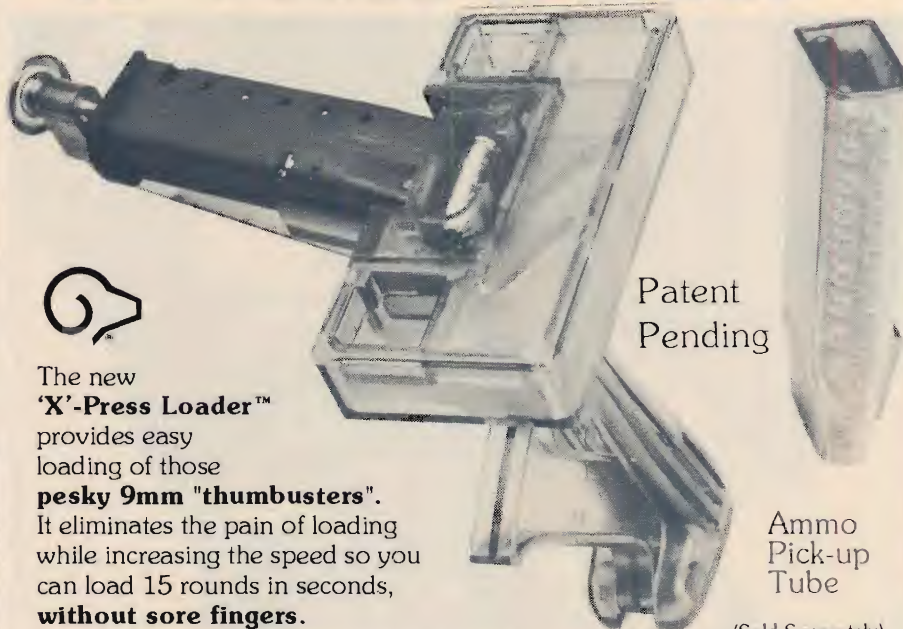
Among other sleeping bags sold by SI are some new commercial cool weather bags in light blue ripstop nylon with sturdy nylon zippers, draft guard and matching stuff sacks. These imported new bags are filled with 100 percent waterfowl down and feathers and are oversized for tall people.

These bags are good for cooler temperatures above freezing. They are \$49.95 each plus \$4 S&H or two for \$100 including S&H.

For details or ordering contact SI, Dept. ASG, 18239 S. Figueroa St., Gardena, CA 90248; (213) 324-8859; toll free outside California (800) 533-7415; store hours are 8 a.m. to 6 p.m. MTh. •

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Fed Ord:

# Ranger 1911A1 .45

*Economical, mil spec Government Model pistol  
made by modern technological methods...*

By Jim Benson



Fed Ord maintains a rigorous quality control program for production of its Ranger 1911A1s. Weapon lifetime is enhanced by use of heat treatments for steel parts and use of high tensile strength metal alloy for lightweight pistols produced.



**T**HE VENERABLE 1911A1 .45 caliber Government Model pistol is said to be the world's most popular handgun — a statement attested to by millions of satisfied users and owners.

So great is the popularity of this handgun that a new one can cost its owner \$500 or more, especially a .45 with custom features. Now Federal Ordnance, Inc., of South El Monte, California, is making and selling these fine weapons for just about \$350 each with a variety of custom options available.

To compete successfully in the 1911A1 market, Fed Ord wanted to provide a gun with the highest quality at the lowest price with standardization of parts using modern technological methods such as CNC machining.

Fed Ord returned to original government blue print standards so Fed Ord guns are built from parts interchangeable with the government issue .45s. The firm purchased Ranger Machine & Tool Company several years ago. Ranger was making lightweight frames for the 1911A1 and had all necessary molds, fixtures, machines, tools, etc. Using the

Ranger lightweight frame as an entry to the market, Fed Ord expanded its line of component parts for the 1911A1, keeping as its target the aftermarket sale of accessory parts sold under the trademarked Ranger name.

Fed Ord is now producing a complete line of .45 1911A1 pistols ready for use out of the box.

A Ranger 1911A1 Government Model with blue finish and checkered walnut grips, one of the first off the production line at Fed Ord, was loaned to

*(Continued on page 68)*









The finished yurt camp. Yurts are multi-terrain, multi-season shelters.



ABOVE — Here is a yurt frame with stove inside.

RIGHT — Inside view of a completed yurt at night.





Nomad Shelters:

# Timeless Yurt

*A form of shelter that even today is difficult to improve on...*

By Scott Stoddard

**T**HE nomadic tribes of Mongolia and those found in the Near East in Turkey and Iran have lived and struggled in barren, desolate lands; mountains and deserts noted for their extreme weather conditions. These people have for thousands of years lived in a remarkable shelter: the yurt.

Marco Polo described the Mongol houses as "circular and made of wands covered with felt. These are carried along with them wheresoever they go, for the wands are so strongly bound together and likewise so well combined that the frame can be made light." These early architects had created a design without pencils or blueprints; a form of shelter that even today is diffi-



A yurt is easily transported by mini-pickup truck.

cult to improve on.

The yurt is a structure that feels like a house but can be easily transported like a tent. The frame is self supporting and the shape is close to that of a dome. In ancient days the whole shelter could be carried on the backs of

one or two camels. The three basic elements of the yurt consist of: (1) an expanding lattice made of thin wooden strips bound together at intervals and capable of expanding to form a larger wall section; (2) roof poles made of debarked saplings; (3) the crown or compression ring made of split saplings and steam bent to form a wooden ring. This wooden frame is then covered with various amounts of felt and canvas depending on the weather and season of the year. Since the framework supports itself, there are no poles needed inside, and no ropes or stakes needed outside. The yurt is a dwelling form that encloses the maxi-

*(Continued on page 66)*



Lashing the lattice sections together to form the circular wall. Notice the door frame in the background. Each end of the wall is lashed to the door frame after being upended and bent to form a circle.



Survivor:

# The Saga of Lt. Hiroo Onoda

*'You will proceed to Lubang Island where you will lead the Lubang Garrison in guerilla warfare'...*

By Ragnar Benson



The mountains in the center of Lubang Island are rugged and foreboding.



Filipino police searched for Onoda repeatedly but were unable to track him down.



The mountain streams are clean and clear but the guerillas still boiled all drinking water.

**B**ECAUSE of their top secret nature, Second Lieutenant Hiroo Onoda's orders were given verbally. "You will proceed to Lubang Island (in the Philippines) where you will lead the Lubang Garrison in guerilla warfare."

"You are absolutely forbidden to die by your own hand. It may take three years, it may take five. But whatever happens, we will come back for you. Until then, so long as you have one soldier, you are to continue to lead him. You may have to live on coconuts! If that's the case, live on coconuts."

These were the orders given to Hiroo Onoda, a 22 year old, still-wet-behind-

the-ears graduate of Imperial Japan's Officer Candidate School and the Futamata Secret Warfare Center.

The orders were given December 17, 1944 to a young, impressionable and idealistic officer who had seen but limited service in northern China. They were fateful. At the time, Futamata was such a radical departure from traditional Japanese set-piece military thinking that, for purposes of secrecy, no other name was ever given.

This official "no surrender and no death" mentality coupled with a deep personal commitment that included sincerity, loyalty to one's country and

a sense of morality that made Onoda believe he could withstand any hardship and ultimately turn even extreme hardship itself into victory led to an incredible survival saga.

For 30 long, jungle rotting years, Lt. Onoda made his home on the ant infested central mountains of the Island of Lubang. He survived three of his comrades-in-arms, innumerable army patrols and some of the rainiest, most disagreeable weather in the world. As the memories of the war faded for the outside world, numerous semi-official search parties tried to contact Onoda. But as the super stoic Jap-





Lt. Hiroo Onoda as he looked the day he surrendered (Philippine War Museum).

Japanese soldier put it, "I survived the sternest taskmaster of all, the cruel and unrelenting forces of nature on Lubang."

On December 22, 1944, six days after the final orders he was to receive for 30 long years, Lt. Onoda arrived by military transport aircraft at Clark Air Force base near Manila. He remembers that an air raid was in progress when he landed.

Since his duty station had been set for Lubang, Onoda lost no time in arranging for transport to the tiny little 6- by 18-mile patch of mountainous jungle southwest of Manila Bay. Lubang, he found, was an otherwise unimportant part of the Philippines that the Japanese were, nevertheless, committed to defending.

Lubang's native population remained steady through the years at about 12,000 souls. There was little industry or commerce to attract people, or to keep them there if they were ambitious.

Lt. Onoda arrived on Lubang on the coastal freighter Seifuku Maru, sitting on top of a load of high explosives. Running at its maximum nine knots, it took a full eight hours to make the 100-mile journey.

Although the Japanese had recently constructed a landing strip on Lubang, they were in the final stages of pulling back the remaining elements of the 357th Independent Regiment comprising about 206 men.

Lt. Onoda's most immediate orders were to blow the pier and the airfield,

using the explosives he had sailed in with from Manila. In addition, he had his oral charge to fight on no matter what the cost. In typical Japanese fashion, he laid plans to do so while stoically refusing to tell the others on the island about his real orders. Onoda began implementing his fanatical "no surrender" policy in a quiet, non-confrontal manner while doing what he could to cooperate with his fellow Japanese soldiers.

Onoda never did blow up the pier and airfield. The third duty took the next 30 years of his life.

On January 3, 1945, Onoda watched in awe as the U.S. invasion fleet sailed past Lubang on its way to the invasion of Luzon.

Almost a month later on February 28, 1945, 50 Americans landed on his island. Initially Onoda calculated this force to be far too small to take the island, but in keeping with previous orders, he pulled his group back up into the central mountains where they had cached supplies.

Onoda's little group became the central clearing point for information regarding the battle below. Some 160 Imperial marines who chose to stand and fight or who were spotted by the Americans died in a withering display of U.S. Marine and air-based firepower.

Although the war with Japan officially ended August 15, 1945, Onoda and his men fought on. Food became a factor. Several foraging parties were caught in the open by American and Filipino Marine patrols and wiped out.

To better their chances of survival, Onoda split the remaining men into groups of three. Three, he felt, was the ideal survival number.

Not all the Japanese soldiers on Lubang had the no-surrender-serve-the-country-to-the-end spirit. Forty-

one of the remaining holdouts called it quits in April of 1946. This left Onoda with a total of three enlisted men including Yuichi Akatsu, Shoichi Shimada and a survivor of another group of three, Kinshichi Kozuka, to serve on in the mountains.

Supplies consisted of their uniforms, three Model 38 rifles including 900 rounds of ammo, one Model 99 rifle along with another 900 rounds of ammo, eight hand grenades, two pistols, bolo knives and a Samurai sword. However 300 of the Model 99 rounds were actually semi-rimmed machine gun rounds. These would fire in the M99 but only when loaded singly.

The 99 rifle and a few of the live rounds of ammo are on display in the Philippine War Museum. The rifle appears to be in incredibly poor condition. Great chunks of the stock are missing. The metal parts are heavily corroded and pitted. Onoda claims he took great care to maintain the rifle but the weapon looks so bad it is probably inoperable.

Although the four initial survivors possessed what appeared to be a princely amount of ammo, they carefully rationed their cache. When there were four, the war was only recently concluded. Run-ins with native wood gatherers and herders consumed about 30 rounds per year. Later on they found they dropped their usage to about 20 rounds per year.

Ammo storage in Lubang's damp, salty climate was an almost insurmountable problem. The survivors tried various means to increase the shelf life of their precious hoard. The favorite method was to seal the rounds in old bottles they scavenged from the natives. As an added precaution they

(Continued on page 62)



Forty-one of the Lubang Japanese guerilla fighters surrendered in April 1946 (Philippine War Museum).



## U.S. Practice Grenades



Now available in all three types of casings — Pineapple (MKII), Egg (M-30) & Baseball (M-33) with ALL the mechanical parts IN THE FUSE ASSEMBLY!! — NO EXPLOSIVES. We did our best to come up with these complete sets of NEW parts (not reconditioned fired parts) directly from the military contractor, for these most interesting weapons. Each grenade comes with brand new, never fired, fuse casing, striker arm, spring, pivot pin, handle, pull pin, safety clip and detonator casing. All the hardware WITHOUT the explosives. Definitely not the usual type 2 or 3 piece surplus grenade available at your local Army-Navy store or from other mail order companies. All casings are painted military olive drab. This is really an outstanding offer that we have never seen approached before. A must for the military collector.

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SI:

# Military & Commercial N-2B Arctic Parkas

*U.S. military issue and commercial copies of the popular cold weather outer wear...*

### Staff Report



SI's military issue and commercial copy of the N-2B Arctic Parka are both pictured here. Can you tell which is which?





**S**I's Bill Pier says he tries to stay away from "Asian imported knock-offs" of U.S. military products. "But this N-2B copy is just too well made and too well priced for us not to offer them to our customers."

"I believe that if you did not know it was a copy you would be unable to tell by wearing, feeling or comparing to a genuine one. Using the same quality material inside and out — even down to the same long white acrylic collar — and the same demanding workmanship, the importer has made sure the only thing different is the price."

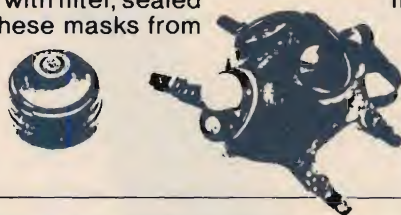
Both the commercial parkas and military issue N-2Bs are sold by SI — your choice — and are available in all sizes from short to extra large, in popular black only with white acrylic collar. Issue N-2Bs are \$85 each plus \$5 S&H. The commercial ones are \$59 plus \$5 S&H from SI, Dept. ASG, 18239 S. Figueroa St., Gardena, CA 90248; (213) 324-8855 or 8859; toll free outside California (800) 533-7415. •



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**Israeli Simplex 4 Gas Mask** Nuclear, Biological & Chemical rated. Used by Israeli Military Forces. 1 size fits all due to an excellent suspension system; complete with filter, sealed in original wrap. My competitors sell these masks from \$12.95 to \$29.95. *Why pay more?*  
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F.I.E.:

# Titan Tiger

*German and American made .38 Special revolver at a budget price for home or self defense...*

By Jim Benson

**P**EOPLE seeking a handgun for self defense today often select the popular 9 millimeter NATO caliber, in keeping with the current trend in handguns used by our military and an increasing number of police forces.

Yet in choosing from the large variety of 9 millimeter auto pistols available, many of these people, especially

those who are unfamiliar with handguns or who use them infrequently, are ignoring the advice of more than a few authorities on self defense.

Many home defense handgun teachers will recommend that people purchase a good double-action .38 Special revolver. The reasons are simple. The .38 revolver can be kept loaded

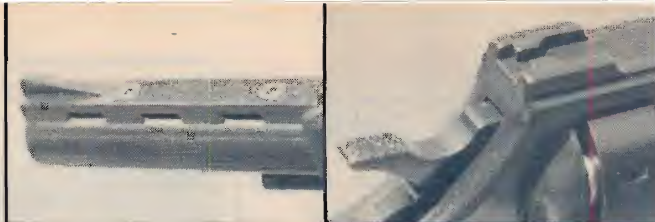
and ready to fire by merely pointing it and pulling the trigger. The user under stress in a self-defense situation need not fumble with safeties or rack the slide of an auto pistol to chamber a round before firing. And a loaded revolver, while certainly dangerous to have around the home, is generally considered safer than having a loaded,







The Titan Tiger was a pleasure to shoot and has only light recoil.



Front sight is a serrated ramp and rear sight is a well defined square notch.



The gun holds six rounds in a thumb release swingout cylinder with quick one-stroke ejection of spent cases.

cocked auto-loading pistol with the safety on. The hammer of a revolver can be resting over an empty chamber for added safety.

The .38 Special revolver has been used by many police and military units as a standard duty sidearm and offers the civilian interested in self defense considerable stopping power without

the extra penetration of higher velocity calibers, such as magnums, and the .38 Special cartridge does not have the strong recoil when fired of the magnums. While a .357 Magnum revolver will also fire .38 Special ammunition (but not vice versa), the .357 is usually more expensive than a revolver firing only .38 Special.

We recently had the opportunity to examine and shoot the Titan Tiger .38 Special revolver from F.I.E. Corporation and we consider it a good quality, reasonably priced firearm that would suit its owner well for the purposes dis-

(Continued on page 45)

## Only This Genuine Gurkha KUKRI Knife

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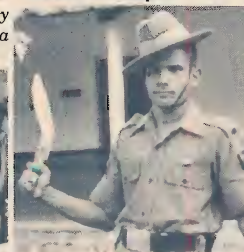
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*Used for centuries, this sacred weapon is still carried by the famous Gurkha mercenaries*





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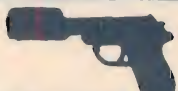
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## Crystal Radios

(Continued from page 15)



The nearer the transmitter, the higher the voltage the crystal can produce from the available radio waves, and therefore the louder the reception in the earphone.

manium transistor, but will not be as loud. Argentiferous galena ("steel galena") is the most sensitive form of this mineral and contains a small amount of silver. In World War I servicemen besieged in the trenches used rusty razor blades as crystal receptors to listen in on allies or enemies, probing for sensitive spots on the razor with a piece of fine wire. Which brings us to another important point.

Not every portion of a usable crystal is sensitive. The receptive spot must first be explored and located with a fine copper, silver or gold wire till radio reception is heard. Once it is found, the spot can be marked with a pointed stick of chalk (chalk will not impede the sensitivity), and the unsensitive portions can then be trimmed away with a sharp knife. Minerals such as galena, cleave easily.

**No Electricity** — The simplest crystal radios to build consist merely of a crystal detector, an earphone and an antenna. Period. No batteries or electricity needed. As mentioned before, the crystal has the ability to convert invisible radio waves into usable audible electricity. To put one together, run one insulated copper wire from the antenna to the sensitive spot on the crystal and one wire from the crystal to an earphone. To complete the circuit attach the one leftover wire from the earphone to ground. Voila, a crystal radio receiver!

The one major problem with a crystal receiver is that it is not selective. All radio waves being received will be heard over the earphone *all at the same time*. If the disaster is great enough this may not be much of a problem as it is difficult to pick up any A.M. transmitter over 25 miles away and there might not be that many radio stations around.

To build a more effective (selective) crystal radio requires a few modest modifications (see accompanying schematic illustration). The tuner (a four-inch wooden block or dowel) consists of a single layer of number 26 enamel wire wound tightly and evenly in a coil of three inches. The tuner, in conjunction with the slider, allows one to "dial" in somewhat to the desired frequency.

Frequencies are not the same thing as the radio transmission. The frequency is a "carrier wave" that carries the message inside it. By attaching a 2-300 mmf condenser (capacitor) to the tuner slider and ground, the carrier wave is eliminated and reception clarity is increased by as much as 50 percent.

On its own, the crystal is too small to pick up much in the way of radio waves, hence the need for an antenna which need be nothing fancier than a piece of wire 50 to 100 feet long; anything over that amount is excess and anything under is inefficient.

Everything electrical creates reso-



## Crystal Detectors

The following is a list of naturally-occurring minerals that can be used in a homemade crystal radio set:

Anatase	Iron Pyrite (Fool's Gold)
Bornite	Molybdenite
Cerussite	Niccolite
Chalcocite	Octahedrite
Chalcopyrite	Psilomelane
Copper Pyrite	Stibnite
Domeykite	Zincite
Galena	Zirconium
Heccsite	

nance (or "trash waves"). Interference in radio reception can be likened to overtyping in printing, making it hard to distinguish between what you want and what's there. One of the secrets to success with crystal radios — which is almost always unemphasized — is ground. To put it simply, ground means *ground*, literally. If one were to attach a ground cable to their ground post then attach the loose end of the cable to an iron stake and bury it in the ground, a good portion of those "trash waves" would be diverted. The most efficient *ground* is made of half-a-dozen or more buried wires attached to the end of the ground cable radiating out like a starfish, and the best ground for it to be in is marshes. If in a desert or other dry soil area, urinating on the cable where it makes contact with the ground will immediately aid in the conducting out of "trash waves," improving reception several fold.

Because water is an efficient conductor of electricity, one should make certain that the wood used in constructing the base and tuner is thoroughly dry. If uncertain, place in an open oven on low heat to dehydrate an hour, before assembly. Afterwards, apply a good coat of varnish or shellac and let sit in the sun until it hardens. Also, after the wire is wound on the tuner, give it another coat of varnish. It will help keep the wires from becoming loose later. Note: don't take a shortcut and use paint. Some enamels and paints contain metallic substances which could cause a short circuit.

When properly assembled and protected this way, the crystal radio will give many years of service and fun, and most importantly, the knowledge gained in its construction might well supply the needed electronic skills to help overcome some future catastrophe. ●

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Palestinian Liberation Organization:

# Fabric of Terror

*The PLO's links to international terrorism...*

By Carl H. Yaeger



PLO leader Yasser Arafat.



A PLO faction shows off its weapons.

**W**HEN the Palestinian Liberation Organization (PLO) was expelled forcibly from Beirut in August of 1982, much of the world breathed a collective sigh of relief. The threat to Israel's northern Galilee region was eliminated and, on the surface at least, it looked as if the PLO had been dealt a near-fatal blow.

But the PLO is a remarkably resilient organization. Since the PLO's expulsion, its forces and facilities were simply dispersed to a number of Arab states. Over a period of time, the PLO has reorganized mainly in Tunisia and Jordan, with PLO headquarters and central facilities being located in the city of Tunis, and training and staging areas in Jordan, North and South Yemen, Iraq, and Algeria.

Both the headquarters complex and the military camp are guarded by Tunisian police and soldiers, and entry to them is barred to Tunisian civilians. These places have been turned into quasi-extraterritorial areas under the complete control of PLO leader Yasser Arafat and his associates.

Because of the concentration of the PLO's leadership and the leadership of Fatah, the largest PLO faction, in Tunis after 1982, the city has become the major center for the planning, financing, organizing, and activation of terror attacks against Israel and other targets. It also serves as the port of exit for weapons being smuggled to Europe to Fatah's network there and to West European terrorist groups.

Since the beginning of 1984, a PLO-Fatah infrastructure has gradually been built up in Jordan alongside of that nation's political institutions. The King, however, is extremely careful in limiting the power of the PLO so it can never challenge the authority of the government as it did in those months previous to "Black September" of 1970—the bloody expulsion of the PLO from Jordan.

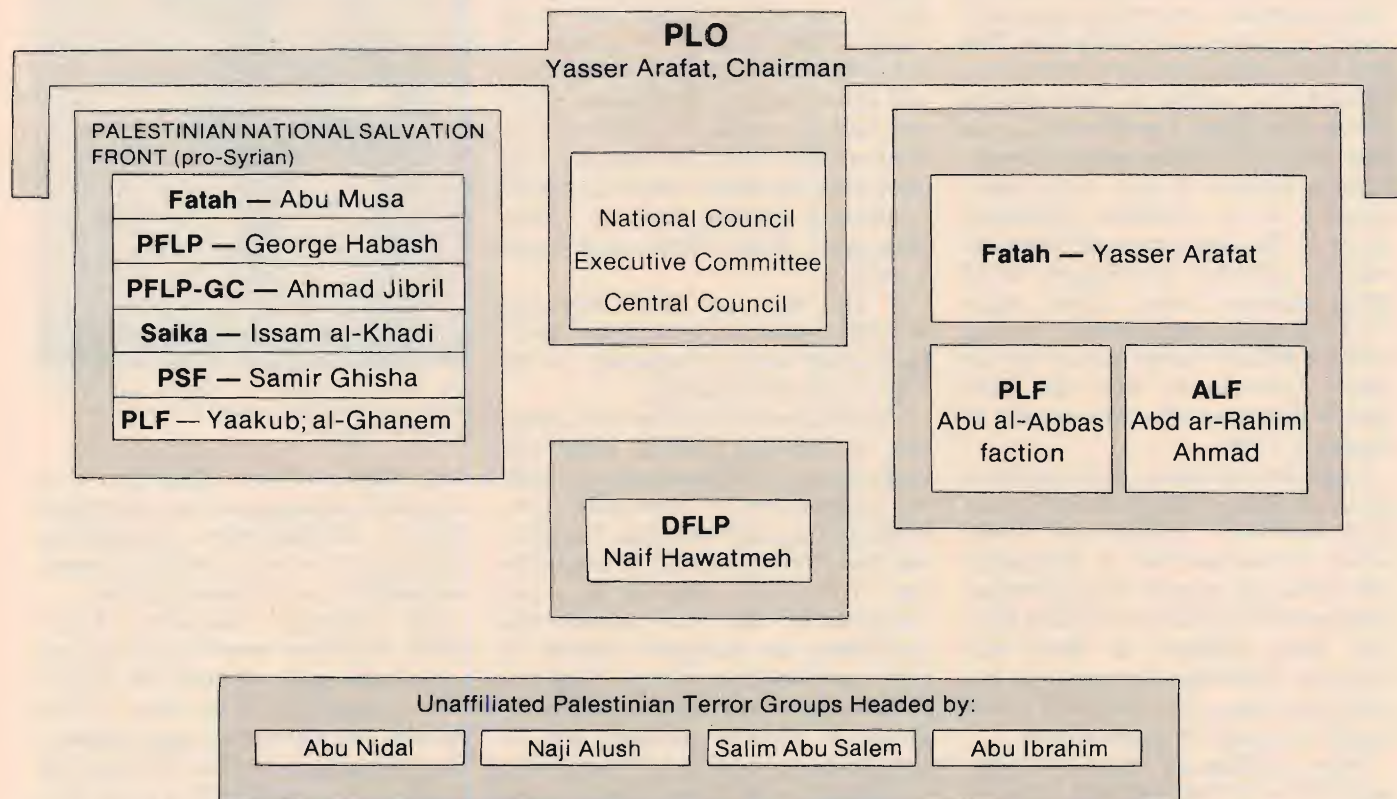
"Force 17" was established in the early 1970s as a small bodyguard unit whose function was to protect Yasser Arafat and other PLO leaders. It has gradually grown into a force of 800 which, in addition to its security func-

tions, carries out assassinations and attacks—on Arafat's personal orders—against his rivals within Fatah or against rival Palestinian organizations. After the expulsion of the PLO from Beirut in August, 1982, and from Tripoli in December, 1983, the members of Force 17 were dispersed to Tunisia, North and South Yemen, Iraq, and various PLO installations around the world. The Force's headquarters were set up in Tunisia, at Hamam-Shat, close to Arafat's offices. The commander of Force 17 has been, since 1979, Colonel Mahmoud Ahmed Mahmoud an-Natour, whose nom de guerre is Abu Tayeb. He has been one of Arafat's closest and most trusted advisors since the early days of Fatah. He established an office in Amman in 1982 and helped draft a strategy of stepped-up terror against Israel from Jordanian territory.

King Hussein of Jordan and PLO Chairman Arafat signed an agreement on February 11, 1985, giving the PLO an operational and political base in Jordan. About two months after



## STRUCTURE OF THE PALESTINE LIBERATION ORGANIZATION (PLO)



signing the Jordanian-PLO agreement, the Fatah-PLO began organizing a new terror network. Subsequently, in his Amman office, Abu Tayeb met with Palestinians from the Israeli-occupied West Bank and gave them the funds and training for carrying out terrorist activities within Israel proper.

Abu Tayeb is responsible to the head of the PLO operations department now located in Tunisia.

Mahammad Milhem, the former mayor of Halhoul in Judea, who was expelled by the Israeli authorities for inciting the local Arab population to riot against the Israeli occupation, is a member of the PLO Executive Committee and is responsible for supplying arms and explosives to members of Force 17 in Jordan, and participates in the planning of Abu Tayeb's terror activities. In April of 1985, a special terrorist unit was sent from North Yemen to the Wahdat refugee camp in Amman and placed at Milhem's disposal.

**European Terror Network—Toward**

the end of 1984, Fatah began to expand its terror infrastructure in both Eastern and Western Europe, based mainly on PLO offices in various countries. At the same time, it began to plan and carry out attacks in Western Europe. Abu Tayeb completed the reorganization of Force 17 members at PLO headquarters throughout Europe by December of 1984, thus laying the foundation for a wave of future terrorist activity in that part of the world. What made the PLO terrorist offensive so effective was that the PLO officials throughout Western Europe had been granted a form of diplomatic immunity and they have used this privilege as a cover to smuggle in weapons and explosives to PLO terrorist cells. Aiding and abetting this process are the so-called "People's Bureaus"—Libyan embassies, and the Iranian embassies throughout Europe.

Although the PLO was badly shaken by its expulsion from Lebanon, its organizational structure remained intact and the groups under the PLO umbrella were strengthened.

As of 1987, the chief institutions of



Abu al-Abbass, mastermind of the Achille Lauro hijacking.

the PLO were basically the same as they were prior to 1982, that is, the Palestinian National Council, the Executive Committee, and the Central Council. Several new component organizations have been added, however. Among these organizations are the following.

Fatah, headed by PLO Chairman Yasser Arafat, is the largest and most important PLO group. On December 20, 1983 after a rebellion within Fatah, some 4,000 terrorists loyal to Arafat



## Fabric of Terror

were evacuated from the Lebanese port of Tripoli and joined another 4,000 of their comrades in terrorist camps scattered throughout the Middle East. The dispersed terrorists have been reorganized in a number of Arab nations within the military framework of the host country's military establishment. A good example of this is the incorporation of the Palestine Liberation Army in the Jordanian and Egyptian military services. In principle, all of these scattered forces remain under PLO leadership, but in reality, the host country military keeps a wary eye on them, remembering how the PLO almost destroyed the government of Jordan in 1970.

Under the leadership of Abu Musa, a group of some 2,500 terrorists broke from the Fatah loyalists and established its headquarters in Damascus and draws its support from left-wing members of Fatah and from Fatah military units deployed in Syria and Lebanon. Although they belong to the pro-Syrian camp, the rebels still try to project an image of independence.

Syrian intelligence forces are training Fatah rebel terrorist task forces to operate within Israel and to operate against PLO loyalists. For all practical purposes, the Fatah rebels are an extension of the Syrian military.

The Popular Front for the Liberation of Palestine (PFLP) is headed by George Habash and is headquartered

in Damascus, Syria. It numbers about 500 to 600 men and some women and is one of the most potent and important groups within the PLO. It is not an agent for any other organization nor does it act on the behalf of any Arab country. Its ideology is a blend of Palestinian nationalism and Marxism, and advocates PLO freedom of action and decision making. In spite of this, however, the PFLP, has forged strong links with the Soviet Union and other communist nations such as Cuba, Nicaragua, North Korea, and South Yemen.

It has been the PFLP that has launched some of terrorism's most spectacular assaults, especially in the area of airliner hijackings.

The Democratic Front for the Liberation of Palestine (DFLP), under the leadership of Naif Hawatmeh and with its headquarters in Damascus, comprises 900 to 1,000 terrorists. Together with the PFLP and Fatah, it forms the core of the PLO. The DFLP is not sponsored by any Arab regime and supposedly has complete freedom of action and decision making. Like the Habash Front (PFLP) the DFLP espouses a Marxist ideology and is organized on the basis of "democratic centralism," with a central committee and political bureaus as its major institutions. The DFLP like the PFLP, maintains a tight liaison with Soviet intelligence agencies which foster terrorism. Both groups play the role as mediators between the Arafat and pro-Syrian factions of the PLO.

The DFLP has carried out numerous attacks within Israel itself and Lebanon, as well as outside of the Middle East.

The Popular Front for the Liberation of Palestine General Command (PFLP-GC) is built, to a large extent, on the charisma of its leader, Ahmad Jibril, and draws its power almost exclusively from its military strength—about 800 well-trained and ruthless—even by PLO standards—terrorists. It is ideologically tied to Syrian policies and advocates Syria's role as the leader of the Arab world.

Saika is the terrorist arm of Syrian's Ba'ath party, the ruling political party in that country. It consists of approximately 1,000 well-trained terrorists and serves as a loyal instrument of Syrian policy within the PLO structure. The leader is Issam-al-Kadhi.

The Popular Struggle Front (PSF) is led by Samir Ghisha and has its headquarters in Damascus. It too, is pro-Syrian and works in close coordination



The "burying of Israel"—a common goal of PLO groups, as symbolically portrayed in a Cuban-sponsored magazine.

with Saika and the PFLP-GC. It is Marxist in ideology and has the typical Marxist administrative organization structure of various political bureaus controlled by a central committee.

The Palestine Liberation Front (PLF) comprises several hundred terrorists who split off from the PFLP-GC. Ideologically, it is close to the Habash and Hawatmeh organizations. The internal crisis in the PLO has led to the de facto split of this group into three factions.

One is a pro-Arafat group led by Abu-al-Abbas, formally the PLF's military chief on whose personality the faction is mainly based. It was Abbas who masterminded the sea-jacking of the Italian cruise liner, the *Achille Lauro*.

Another faction is a pro-Syrian group headed by Abd al-Fatah-al Ghanem who took over the PLF's Syrian offices in early 1984.

A third faction leaning towards the Habash and Hawatmeh Fronts is headed by Tala'at Yaakub, the PLF's secretary-general.

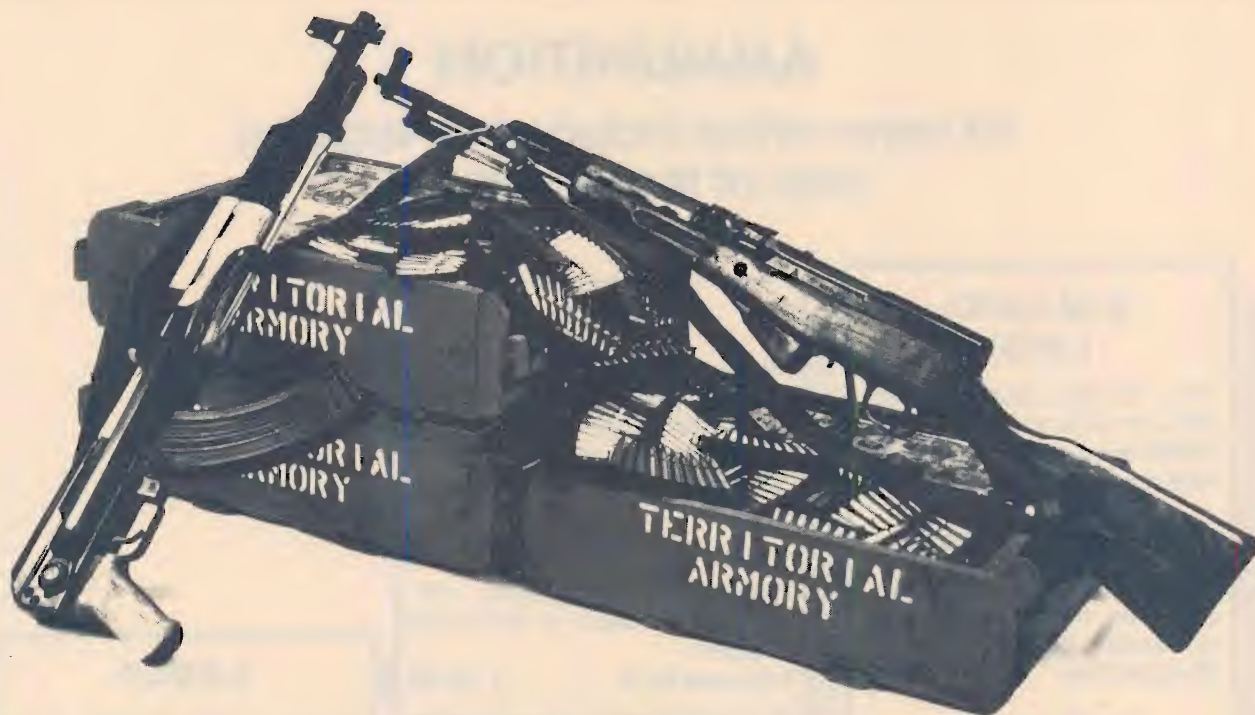
The Abu Nidal faction of the PLO is, as of this writing, perhaps the most effective and feared of all PLO terrorist groups. Because of the sheer numbers of attacks, the number of casualties caused, and the terror generated, the Abu Nidal faction will be discussed separately in another article.

The factionalization of the PLO has forced the smaller groups to seek sponsors in order to increase their potency. This has given nations such as Syria, Iraq, and Libya added weapons to reach their foreign policy objectives and to launch attacks on Israel and the West in general through the use of these surrogate terrorist forces. ●



Lebanon, the battleground and staging area for many PLO groups.





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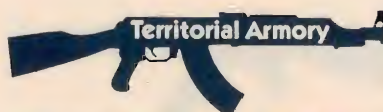
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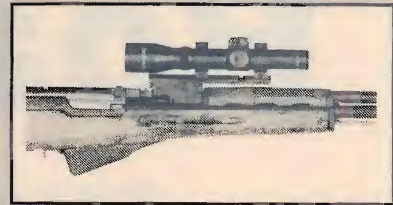
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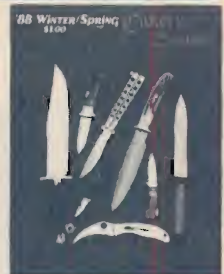
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## Titan Tiger

(Continued from page 33)

cussed above.

Titan Tigers, in 2-inch and 4-inch barrel versions, are manufactured in the United States using design elements and components from F.I.E.'s German affiliate Arminus. We used the 4-inch barrel Tiger.

These blue finished guns feature an automatic hammer block safety which keeps the hammer from striking the firing pin except when the trigger is pulled, a tempered steel firing train, a coil mainspring thumb release swing-out cylinder with one stroke ejection system, ventilated rib barrel with non-glare ramp front sight, well defined fixed square notch rear sight, serrated top strap, checkered hammer and trigger, recoil reducing forward balance point, and unbreakable main spring.

Our Titan, product number N38B4, fires only standard .38 Special ammunition. F.I.E. warns against using +P, Super-Vel or any other high velocity, high pressure ammunition in this revolver since it is not designed for such ammunition. For testing we used PMC full metal jacketed .38 Special cartridges.

At a legal public shooting area we fired at targets 20 to 30 yards away without a rest for the gun, using two-hand and single-hand holds, in slow and rapid fire, single and double action. We experienced no problems with the Titan and found it operated smoothly and was quite accurate with light recoil.

With a suggested retail price of \$154.95, the Titan Tiger .38 offers its owner a low price, quality and reliability. For more information talk with your gun dealer or contact F.I.E., Dept. ASG, P.O. Box 4866, Hialeah, FL 33014; (305) 685-5966. •

### Titan Tiger Revolver N38B4: Tech Specs

Caliber	.38 Special
Lengths:	
Overall	9 inches
Barrel	4 inches
Weight	30 ounces
Sights	fixed, front ramp, square notch rear
Grips	composite, checkered
Price, suggested retail	\$154.95
Manufacturer/ Distributor	F.I.E. Corp., Dept. ASG, P.O. Box 4866, Hialeah, FL 33014; (305) 685-5966

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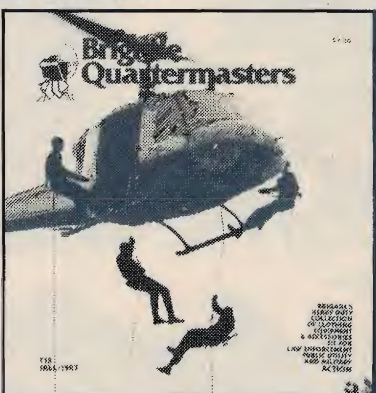
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# Marauder MK I

*New bush/jungle classic from Blackjack Knives...*

Staff Report

PHOTOS BY SUSAN MARIE DEEVER

**T**HE Marauder MK I from Blackjack Knives is a powerful jungle/camp blade designed under the direction of weapons expert and author, David Steele. It is an ultramodern improvement of a classic design which originated in ancient Egypt. Illustrations found on an inner wall of a pyramid show the Pharaoh Ramses slaying a lion with a sword shaped in this pattern. Back then the sword was called a Khepesh. Egyptian armies used this blade until around 305 B.C., when they were conquered by Alexander The Great (which, we might add, is no reflection on its design).

Recognizing the usefulness of this progressive blade shape, the Greek conquerers modified the Khepesh for use in light skirmishes. Their variation, called the *Kopis*, was lighter, quicker, and relied upon belly forward blade design for its cutting power. The *Kopis* was instrumental in Alexander's conquest of Persia. His phalanx, a tight formation of highly trained warriors, engaged the enemy in a locked shield frontal attack. The skirmishers filtered up through the ranks and delivered rapid, devastating cuts over the locked shields with these swords.

This efficient *Kopis* was copied by various armies that came into contact with the Greeks... and lived to tell about it. Later, it involved into an even shorter sidearm or large knife. Lightly armored Roman skirmishers carried an abbreviated version. The Turks developed a variant called a Yataghan. The Bengalese developed the Kora and the Ram Dao. The Nepalese transformed the *Kopis* into their famous Kukri.



ASG staffer gives the new Marauder MK I a good workout. The uniquely shaped non-parabolic curve of the blade combined with the 15-inch overall length creates an excellent all-purpose bush/jungle knife.





The 9½-inch flat ground, double-tempered, stainless steel blade provides enough strength to use this handy survival tool as a light hatchet or axe.

And now Blackjack Knives has taken advantages of this time-honored testing to produce the Marauder MK I.

"Like the kopis, the dramatic forward belly blade gives excellent cutting and chopping ability for a knife this size. The uniquely shaped non-parabolic curve actually aids in cutting and chopping by creating a constant working edge which slices while chopping. Even a light stroke cuts with maximum effect."

This is what we were told anyway, so we gave the Marauder MK I the ASG test to see how it would stand up. Taking the blade to the country we picked out some nearly impenetrable bush and proceeded to hack our way through. In this survival exercise we found that the overall 15-inch length of the Marauder MK I could be utilized to advantage as a bush machete or a large camp knife, and was strong enough even to perform the functions of a light hatchet as well.

The 9½-inch flat ground stainless steel blade is hardened and double tempered to a hardness of 53-55 Rockwell C, making field resharpening practical and convenient. The one-piece Kraton rubber handle is permanently molded onto the full length tang for added strength, and provided a positive non-slip grip even when it was wet from hands drenched in sweat. Truly a knife on the cutting edge of the industry.

For more information on this and other **Blackjack Knives** write: Blackjack Knives, Dept. ASG, 21620 Lassen St., Chatsworth, CA 91311; or call (818) 718-7010. •

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Life or Death:

# The AIDS Threat

*What you don't know can kill you...*

By J. Lincoln Thorner

PUBLISHER'S NOTE: All information contained in this article is presented by and based solely on information obtained by the author. The author's statements and claimed facts in no way reflect the opinions or data pertaining to the subject matter as perceived by McMullen Publishing, its employees or agents.

**A**IDS. The name strikes sheer terror into the hearts of many Americans.

Once dismissed as the "gay plague" or a problem for only drug addicts or Haitians, it is now the leading cause of death among women 24 to 35 in New York and is causing a profound change in the behavior of many people as the threat is perceived as reaching far beyond the convenient limits we once recognized.

If you want to protect yourself and your loved ones from this dread

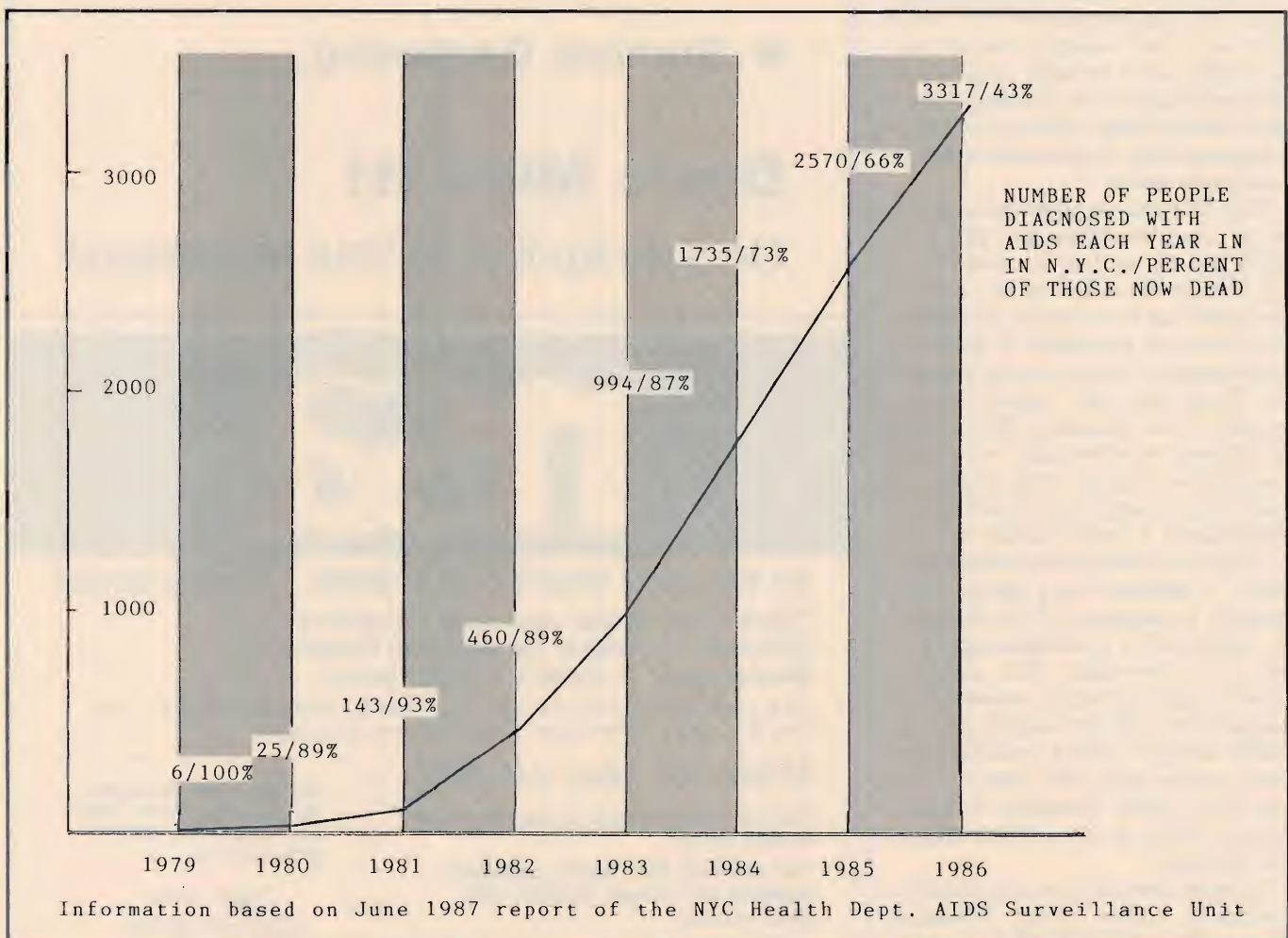
disease it is essential that you know what it *is*, what it *is not* and what to do to be safe.

AIDS stands for Acquired Immune Deficiency Syndrome. It is primarily characterized by the destruction of the body's ability, which we usually take for granted, to fight off the many serious diseases that are in the environment around us. It is incurable and fatal. It appears to be caused by a virus called the HIV (Human Immunodeficiency Virus) which has also been referred to, in the press, by its earlier

French title, LAV and by its previous American name, HTLV III.

Its origins are a mystery, but some researchers theorize that it may have first appeared in central Africa. It was first recognized in this country in 1981 and probably came here in the late 1970s.

While its many symptoms are the presence of various *opportunistic* infections (infections that our bodies would routinely fight off, but which take advantage of the opportunity presented by a weakened immune system)



This chart illustrates how quickly AIDS can spread through a community such as New York, and how lethal it can be.



it is now coming to be recognized that it has its own symptoms which may occur in the absence of other infections. Among these are dementia (a breakdown of mental functioning) and a wasting away of the body. In Africa, AIDS is sometimes referred to as "the slim disease."

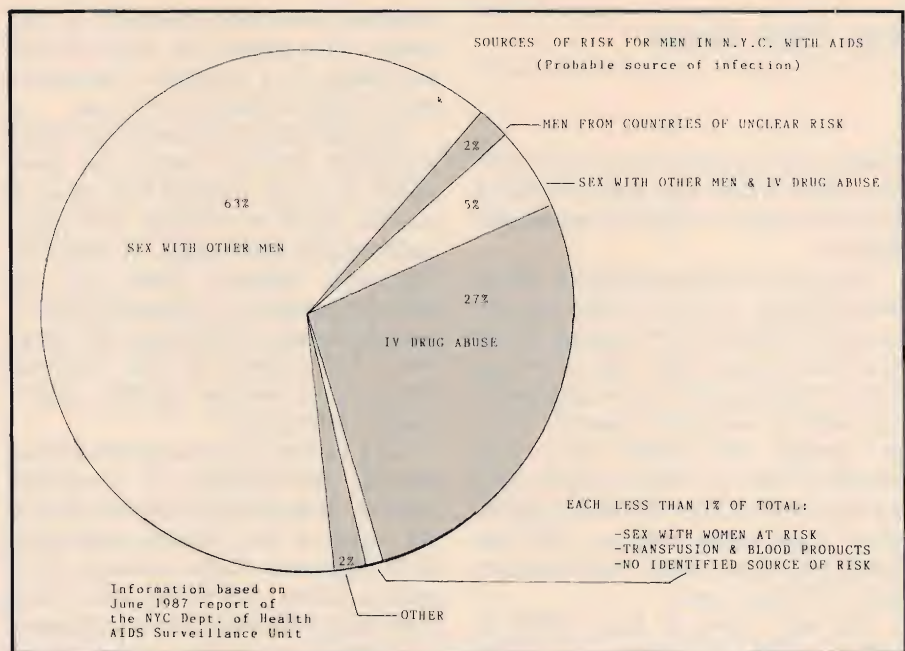
As with other viruses, HIV enters the cells of the body and changes them. Its presence can be inferred from the detection of HIV antibodies produced by the blood of an infected person. You may have seen the word "exposed" used in this context; exposed means the same as infected, in the literature; it does *not* mean that anyone who has been near an infected person is "exposed."

A person who's blood contains HIV antibodies (that is has the infection) is said to be seropositive. A person who is free of HIV antibodies is called seronegative and is usually infection free. The problem is that this seroconversion from negative to positive can take a few weeks to a few months, so that there are a very small number of people who *now* test seronegative, but who *are* infected and will test positive shortly.

HIV is spread from person to person, primarily by the mixing of the blood (or blood-like fluids like semen) of an infected person with the blood of another (in the other's body). The amount of body fluids exchanged can be extremely small. The most significant factor about the various body fluids is the efficiency of its ability to transmit the disease. This efficiency varies widely from body fluid to body fluid and depends on the titer (rhymes with fighter) level, or concentration the virus achieves in a particular medium. It is almost dose related. In blood and semen the titer level is quite high and the disease is transmitted extremely efficiently by these fluids. In tears, saliva and sweat, the concentration of virus is very low, making these very inefficient media of transmission and therefore highly unlikely to spread the disease.

It should also be pointed out that the virus must also enter the body through some opening in the skin, so that it generally requires some out of the ordinary activity to provide a pathway for even the most efficient fluid medium.

The higher titer level, efficient and **dangerous sources of infection** are blood, lymph and semen. Medium danger media are vaginal fluid, menstrual blood and mother's milk. Low



AIDS in men is still primarily a disease of the homosexual and IV drug abusing population. A few have contracted it through ordinary heterosexual sex, however.

danger media are tears, sweat and saliva.

The highest risk activity is sharing a hypodermic needle with an infected person (or any other medicosurgical device, for that matter, that would introduce blood from an HIV infected person into another), or receiving a blood transfusion from an infected individual. With the use of sterilized needles and instruments and a screened blood supply it is extremely unlikely a person will become infected in the course of normal medical treatment.

Drug abusers who share hypodermic needles with infected addicts are at a risk that amounts to almost a certainty of getting it, themselves. Another very high risk activity is being on the receiving end of anal/penile intercourse from an HIV carrier (an infected person). This is particularly high risk because the walls of the anus are membranous and produce practically no natural lubricant. The friction of the penis entering the anus causes minute tears in the anal walls providing an easy pathway for infection carrying semen.

A slightly less dangerous activity, but still high risk, is for a woman to have vaginal intercourse with an infected man. The vagina's natural secretion of lubricant helps cut down on the stress on the vaginal walls, but nearly microscopic tears still often occur and these, or other tiny lesions, provide a path for exposure from infected semen. A man having sex with an infected woman runs a similar, but somewhat

lesser risk because vaginal fluid is a less efficient disease medium and because the membranous tissue of the man at risk is smaller and less subject to abrasion.

Medium risk activities might be thought to include working in a medical lab, that handles HIV infected blood, without proper protection such as mask and gloves, contact with the menstrual blood of an HIV infected person, consuming the milk of an HIV infected mother.

This last is one of those things that has not been really assigned a specific risk factor, but is generally considered ill advised. Handling feces and urine of HIV infected people is also considered an activity to be avoided. Please note that there are a good many other nasty diseases that can be contracted from too intimate contact with urine and feces and that normal sanitary precautions are adequate for protection from the HIV virus. Among some of the more easily contracted diseases that can result from inadequate sanitation, are typhoid and hepatitis.

**Low Risk Behavior**—Behaviors that fall into the low risk to no risk category are sharing living accommodations with an infected person, eating in a restaurant with infected patrons or employees, holding hands or even kissing an HIV infected person.

This brings up a rather important point: a person does *not* have to be suffering from an active case of AIDS or ARC (AIDS Related Complex, a



## The AIDS Threat

similar, but somewhat less severe sickness than AIDS that may precede a full-blown case of AIDS) to spread this disease.

If a person has been exposed, that is, been infected, with the AIDS causing virus HIV, that person can spread the infection through high risk activities, such as sharing needles or engaging in sex with an uninfected person. There are people out there, now, who wouldn't dream of shaking hands with a person with AIDS, but will, tonight, sleep unprotected with an HIV infected person who may not come down with AIDS for years!

You don't have to *have* AIDS to spread AIDS. The disease has been studied more closely than any other in recent history and the routes of infection have been pretty well defined and it isn't spread by mosquitoes, or through food, with a handshake, or a hug.

There are estimated to be a couple of million folks all across the country who *are* infected, and who are *not* visibly different from you or me and that probably don't even know they are infected. Each can be a threat if you don't have the know-how to protect yourself, your family and your friends. I've learned a lot about this in training and in my work with one of the largest drug

addiction treatment programs in the nation; I've passed on some of this knowledge in a number of seminars, and I'd like to share it with you.

Although being seropositive for HIV antibodies does not mean you have AIDS, it is now thought that most, if not all, those so infected will eventually suffer some kind of immunodeficiency disease. There are no immune carriers, no "typhoid Marys." The diagnoses of AIDS and ARC, however, are based on the medical diagnosis of several specific opportunistic infections.

The presence of one, or more of these diseases characteristic of a reduced immune system with no other underlying cause is how doctors determine their diagnosis. These diseases were present before AIDS, but were often associated with other causes. Cancers and anti-cancer drugs, malnutrition, anti-rejection drugs used in organ transplants can impair the body's immune responses. These things do *not* cause AIDS, but rather can leave the body susceptible to viral, bacterial and fungal attacks that it would normally fight off, which is also what AIDS does. It is important to consider and eliminate the possibility of other underlying causes of opportunistic infections before concluding that it *is* AIDS.

The two conditions most often considered harbingers of a developing case of AIDS are Kaposi's sarcoma (reddish brown, bluish or purple patches or

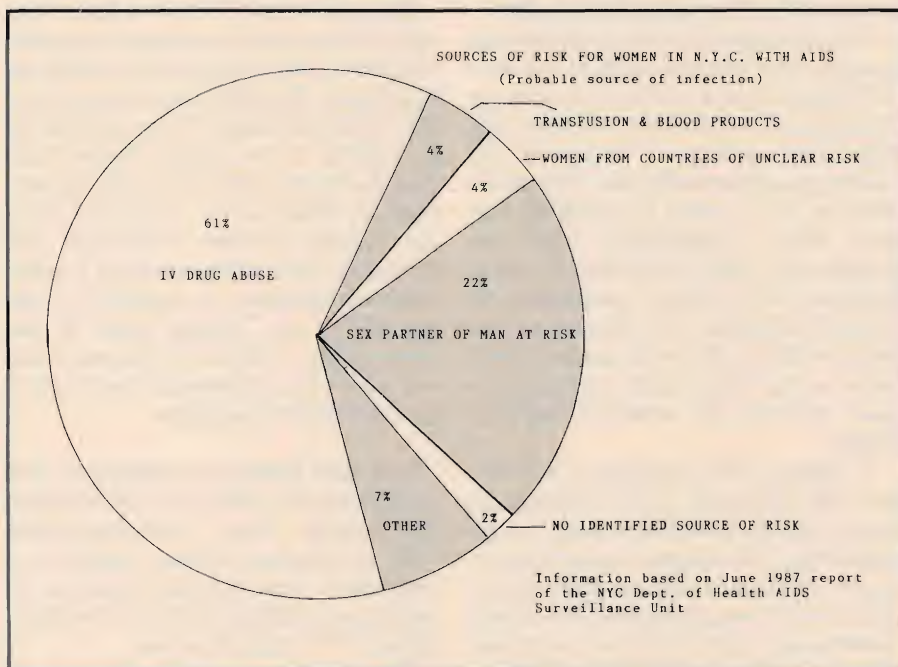
lesions on the skin are symptoms), and Pneumocystis Carinii Pneumonia (PCP—appearance of cysts or lumps in tissue or organs). In earlier times Kaposi's Sarcoma was a relatively rare problem among elderly men and PCP was more likely to be found in poor Third World countries than in the U.S.A.

The course of AIDS is not a smooth progression. There are periods of intense illness interspersed with periods of relative good health. Survival time for people with AIDS can be dramatically increased by good medical and social support. There is, however, no cure and no vaccine in sight. At this point it appears that AIDS is at or close to 100 percent fatal, although radical new drugs such as AZT have shown promise in reducing the severity of the disease and increasing the life span of its sufferers.

The condition called ARC is still a cause of some medical controversy. It is sometimes regarded as a precursor to AIDS, although many people die never having progressed to a formal diagnosis of AIDS. While a standard set of diagnostic criteria for ARC has not been agreed to, some of the conditions associated with AIDS Related Complex are: swollen lymph glands, herpes zoster or shingles, prolonged fever, weight loss, prolonged diarrhea, fatigue, prolonged itching (one month or more), sinus and skin infections and dermatitis or eczema.

**Avoidance**—So, how do you avoid getting this truly terrible disease? The first thing to avoid is the use of hypodermic needle drug abuse (so called "IV drug abuse"). Needles and other medical/surgical instruments should never be shared and must be either disposed of or sterilized before reuse by another person. There are a lot of diseases that can be avoided this way.

**Engage in only "safe sex."** Safe sex is sex with someone who you are in a strictly monogamous relationship with and neither of you has had sex, outside the relationship, for five or more years. Monogamy is my personal preference, but it is important to recognize that despite whatever moral values we may have, there are a lot of people who are not, or *were* not monogamous and we must recognize that this is a viral disease, not a moral one, and there are other ways to protect against it, and to slow its spread. For instance, another type of safe sex is the use of a condom for any oral, anal, or vaginal sex that involves penetration by the penis.



Almost a quarter of the women with AIDS appear to have been infected through ordinary sex with partners who were high risk individuals. Most female victims are still exposed, though, through IV drug abuse.



The use a condom can be an extremely effective means of avoiding the transmission of AIDS (and the dozen or so other nasty sexually transmitted diseases—STDs). The 20 percent failure rate sometimes referred to in the press is primarily due to improper use. A word to the women reading this: information on the effective use of condoms applies to you, as well as him (whoever the him might be). The male-to-female route of infection is much more efficient than the other way, i.e., you are at higher risk than he is! If he doesn't insure that a condom is being used, and used properly, *you* will have to in order to be safe.

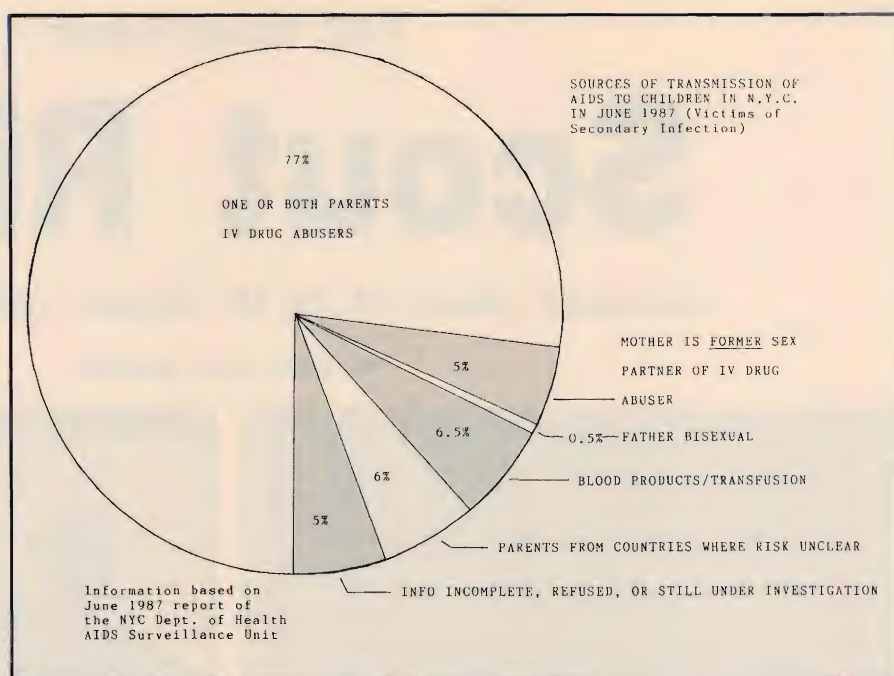
A lubricated condom, with a reservoir in the end, for semen, is best. Additional lubrication is a good idea, even for vaginal sex. Do *not* use petroleum products like petroleum jelly or baby oil. They are not the most effective lubricants, *and they destroy the latex that condoms are made of!* Water soluble lubricants, such as K-Y Jelly and some of the spermicidal/lubricant jells are very good.

Pub a dab of lubricant in the *inside* of the end of the rolled condom (this increases sensation and smooths motion for the wearer), place it on the end of the *erect* penis and roll it down the outside, avoiding contact with fingernails which might puncture or tear the condom. Pinch the reservoir (or if there is no reservoir, pinch off 1/2-inch at the end) to prevent it filling with air as the condom is rolled all the way down the penis. Additional outside lubrication is not usually needed for oral sex, but, believe it or not, there are flavored lubricants on the market.

After sexual climax occurs, withdraw the penis while holding the condom at the base of the penis to prevent it from coming off. The man wearing the condom should dispose of it in the trash. They should never be reused or handled later.

If condoms are unavailable, a safe alternative is climactic sex that does not involve penetration. Kissing, touching, close body contact without penetration is generally regarded as quite safe. Normal, prudent health care is also a generally good idea, people who are run down, sick or malnourished are thought to be at greater risk.

**The Threat**—At a recent training seminar at the Narcotics and Drug Research Institute I was introduced to a way of roughly estimating the number of people at risk from the number of AIDS cases already



A growing number of children are the tragic victims of secondary AIDS infection. Usually their parents are high risk individuals, but a growing number of kids are born to women whose only mistake was to love the wrong man.

diagnosed. It goes like this:  $10 \times 10 \times 10 \times 10$ ; number of people with AIDS  $\times 10$  is the estimated number of people with ARC,  $\times 10$  is the number of people who are HIV seropositive (infected),  $\times 10$  equals the estimate of the number of people engaging in unsafe behavior (IV drug abuse, unsafe sex . . . etc.). Nationwide, the number of AIDS cases is estimated to be up to 36,000. A guesstimate from that is 360,000 with ARC, 3,600,000 seropositive, and 36,000,000 at risk.

There is some evidence that in some sectors of the community there are groups of people who have saturated out, that is groups who are at or near 100 percent infected. These clusters may be epidemiologically confined through the general practice of safe activities (safe sex, etc.).

The concern is that AIDS will not only kill the people who have been, in the past, considered members of high risk activity groups, but that the disease will burst out among the so called "normal" population. There are second generation cases showing up, now. For instance, sick children who were born of mothers who were not "high risk" but who's husbands were either bisexual or IV drug abusers.

To bring it back home, consider this: you may *never* have considered IV drugs, and feel repelled at the thought of homosexual sex, but what if that nice girl you're dating had *one* unsafe (no condom) experience with *one* man who was secretly bisexual or who had

tried needle drugs only *once* and is not sick now. You could be dying or condemning a child you two have after you're married. At this point safe sex seems indicated unless you are planning to have children (you can't make babies with safe sex!). Some experts recommend HIV testing before having children and several states are considering making HIV testing a mandatory prerequisite for marriage (as testing for syphilis is mandatory in many states, now).

Epidemiologists differ on the chance of a "break out" of AIDS into the general population. One group feels that it will not break out because it has not. Not all diseases become pandemic. The other school of thought among epidemiologists is that it simply hasn't had time to break out. They point to central Africa, where the disease has been established longer and where it is becoming widespread among the heterosexual, non-IV drug using population.

HIV testing is available in the larger cities on an anonymous and often free basis. In other places blood samples can be obtained by any private physician and at many public health centers and sent to labs for testing.

Assuming that all else goes well for our civilization, the lesson to be learned is that safe sex and no IV drug abuse (or at least none with shared needles) is essential to keep *you* safe and to check the quiet spread of this killer. ●



T-26 Tanker/Recon:

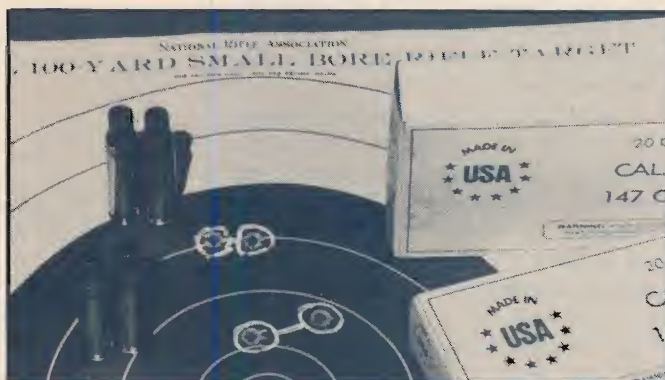
# Scout Rifle

*Shortened version of the M1 Garand military weapon...*

By David James Marshall



The T-26, right, is compared with the standard M1 Garand. Prong-type flash suppressor has not been installed on the T-26.



Two of the author's sighting-in groups. Top group measures 1/2-inch while the bottom group is 1-inch. Ammunition used was Winchester 147-grain full metal jacketed type.



A 2 1/2-inch group shot from 100 yards with the T-26 using Federal hunting ammunition. Without the flier, the group would have measured 1 3/4-inches.

**F**rom the Pennsylvania Rifle to the lever action Winchester to the CAR-15 of the Vietnam-era Long Range Reconnaissance Patrols, the rifle has been the favored weapon of the scout. It defended him in need, fed him when necessary, and was his constant and well cared for companion.

Nowadays the concept of the one-man scouting party is pretty much obsolete in the military context, having given way to small unit operations. The concept is still viable, however, when applied to the individual survivalist.

The purpose of the modern day scout remains the same, to gather intelli-

gence. Whether that intelligence concerns observing the position or deployment of a hostile force, or the seasonal migration of a big game species, the scout must be effectively armed. The scout rifle must by necessity be powerful, yet lightweight, so as not to overburden the scout during prolonged periods afield. Armed encounters with hostile forces are the sort of things scouts avoid as extended firefights put them at a tremendous tactical disadvantage. Yet the possibility does exist, so the scout rifle must be capable of a high volume of accurate fire.

For the purpose of this article, I'm going to assign personal defense as

the scout rifle's primary function. Food gathering capabilities, which are of secondary importance, will also be discussed.

Once purpose has been established, caliber selection becomes easy. As both human targets at extended range and big game may be encountered on a given mission, my choice would be .308 or the .30-06 caliber weapons. I chose these two calibers because they are common calibers and popular hunting calibers. One or the other may also be the same caliber as a survivalist's main fighting rifle. This keeps to a minimum the number of calibers in any given weapons battery.





The scout rifle should not interfere with the scout's primary mission and should be light enough to carry comfortably.

Type of action for the scout rifle is not dictated by the same criteria one employs when selecting a fighting rifle. As sustained fire is a possibility, not an inevitability, a rugged military-type bolt action is a good choice. Bolt action hunting rifles will not withstand the stress and heat of such sustained fire. The 1903 Springfield, the P17 Enfield, or the British SMLE MK.5 Jungle Carbine, if you can find one modified to .308 or .30-06, are all good choices. Not only will they stand up to rugged field use, they are powerful and accurate enough to engage human targets and big game at long range. These rifles weigh little more than a regular hunt-

ing rifle and their performance on the battlefield is well established.

If the semiautomatic is your action of choice, there is one weapon extremely well suited to the role of scout rifle. This is the T-26 Tanker/Recon version of the famous M1 Garand. This compact little powerhouse weighs less than most hunting rifles, is available in either .308 or .30-06, and is based on the battle proven Garand design. It retains all the advantages of the full sized fighting rifle while giving up none of its power or reliability.

Some consider the 8-round internal clip of the Garand to be a handicap. In a rifle that will be carried much

more than it is shot, this is not a major drawback. The lack of a protruding 20-round magazine is a definite plus, since that cumbersome box usually extends from the bottom of the gun at the center point of balance. Ever noticed how nicely a lever action rifle balances in the hand at midpoint as you stroll along through the woods? Try that with a weapon that sports a 20-round box.

Is the Garand's 8-round en-bloc clip a hindrance if used as a battle rifle? Ask the dog faces of World War II or Korea. Truth is, we won two major wars and several expeditionary actions with the M1 Garand. En-bloc clips can be had for \$.40 to .80 apiece compared to \$21 to \$28 each for magazines for the FN-FAL, HK-91, BM-59, OR M1A. Cheap enough to be disposable should the need arise, yet durable enough to store fully loaded for years without compromising reliability. Why? The enbloc clip has no follower springs to develop metal fatigue. The Garand's follower is part of the receiver mechanism itself.

The T-26 version is smaller than its big brother by about 8 inches of overall length and 2 to 2½ pounds. In fact, fully loaded, the T-26 weighs 1½ pounds less than a fully loaded Colt HBAR! This permits easy carry in the field and entirely manageable recoil. Even the .30-06 in this 8¼-pound rifle recoils less than a hunting rifle in the same caliber because of its gas operated action.

Selection of the T-26 as the scout rifle of choice presents two minor, but easily correctable problems. Both are the result of the T-26's 18¼-inch barrel. While this barrel length makes the T-26 very fast to handle when engaging multiple targets, muzzle flash is evident even in ammunition loaded with flash suppressing military powders. This was discovered during initial development of the T-26 in the later stages of WWII. When shooting commercial hunting ammunition, or reloading with commercial powders, the problem is more pronounced.

Springfield Armory, credited with saving the T-26 from extinction, also has stocks of the prong-type flash suppressor originally developed for the M1-D Sniper rifle. This flash suppressor fits the T-26 with no problems at all, and costs no more than a comparable suppressor on other fighting rifles. With the prong suppressor in place, even Federal 180-grain soft point hunting ammunition produced no visible muzzle flash under twilight shooting conditions at

(Continued on page 67)



Arabian, Quarter, Morgan, Etc.:

# Survival Horse

*Selecting and buying the animal best suited for your needs. . .*

By Mark Northway

**C**HOOSING a horse is in many ways the same as selecting an assault rifle or other survival equipment. There is no perfect horse for all uses and you must decide what things you need and what you can do without.

A Percheron is great, if you need to plow a field, but is far from ideal for making a fast ride over a mountain range. An Arabian may get you over the mountains in record time, but not even be able to budge the plow.

The first thing that you need to decide is, what is going to be your primary use for a horse? Are you planning to keep it just as transportation to your retreat? Do you intend to use it for farming after you arrive, or do you plan on doing both? Each of these uses is best suited by a different type of horse. Other factors, such as climate, terrain, how far you live from your retreat, your riding skill, whether you plan to carry over equipment with you or make caches, are important in selecting what type of horse is to be your survival partner.

There are basically three classifications of horse. The draft horse is the largest and best suited for heavy farm labor. The light horse includes the greatest number of breeds and is the most popular and versatile. The last classification is really several groups combined. These are the asses, mules and ponies. Mules are all born sterile. For this reason, I feel that they are not suitable for long-term survival. There are far too many individual breeds of horses to go into much detail here. I will briefly cover several of the more popular ones later. There are also many cross-breed horses. Registration papers do not assure you are getting a good horse. Many of the cross-breed horses are excellent and some very poor horses are registered and come from good bloodlines.

Draft horses were originally bred for the farmer and drayman. Later some breeds were bred for the armored



An Arabian displays his breed's agility by clearing an obstacle.

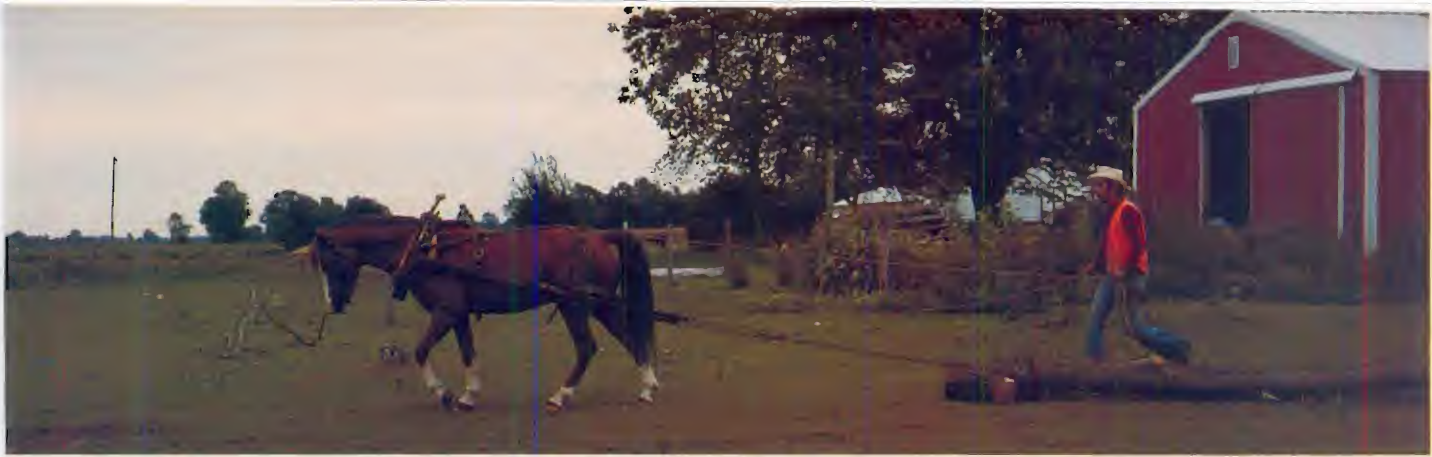
knight. Their heritage as war horses does not mean that they would be good choices for the survivalist who anticipates a lot of fighting. These horses were needed to carry the weight of a knight in armor. In order to gain the strength to carry such a heavy weight, they became too heavily built for speed and endurance. They are, however, the best choice for the person who needs a horse primarily for plowing and pulling heavy loads.

Draft horses weigh between 1,600 and 2,000 pounds, with some indivi-

duals that are either heavier or lighter. Their weight gives them better traction in soft sand. The draft horse is usually bred for a calm and docile disposition. They are generally easier to manage than a riding horse. On the negative side, they require more feed and are slower and less nimble than the lighter breeds. A draft horse is definitely not the right choice for a fast break to your retreat.

The light horse breeds are far more popular than the draft horses, asses and ponies. The light horses are the





Morgans are a good choice for both riding and light draft work. This Morgan is hauling firewood (Photo by Kay Versluis).



The Arabian stallion on the right is showing great interest in the mare. This situation could easily become dangerous for the mare's rider. Don't purchase a stallion as a casual riding horse.

most versatile. They can be used for draft work, but are not really as suited for heavy pulling as the draft horse. For other purposes they are a better choice. They range in size from the 800 to 1,100 pound Arabian to the large coach horses that can weigh almost as much as the lighter draft breeds.

Asses and ponies are the lightest of these classes. As a general rule, people get small ponies for children rather than themselves. They seem to feel that since it is smaller, it will be safer than a full sized horse. I think that this is incorrect.

The small size of a pony does not make it more gentle and tractable. In fact, many ponies can be quite nasty. Although some ponies can be surprisingly fast, the majority of them have little chance of keeping up with a full sized horse that is running hard. This is particularly true over longer distances.

Another disadvantage to ponies is that it is harder to find one that has

been well trained. More time and effort is spent training a horse because more is generally expected of it. It is also difficult to get good quality tack to fit a pony. Most of the tack available for ponies is designed to sell for the lowest possible price. It is not intended to last under hard usage and fit comfortably for the animal and its rider on extended rides.

Last, the ponies gaits are generally rough. This is particularly bad for a child or beginning rider. Asses are just as bad, if not worse. The asses are even slower than ponies. On the positive side, they are very sure footed and there is quite a bit of good quality pack gear available to fit them.

**Your Choice** — If you talk to horsemen about what type you should select as your survival horse, you will learn a number of things. First you will be told, with great sincerity, that their favorite is the most versatile of all breeds. Another thing they will be

likely to say is that it has great endurance. Getting the truth about endurance is simple. Look at the finishing list of the longer endurance races. You will also be told that their breed's disposition and intelligence is the best.

I feel that no one breed of horse can be expected to do all things well. You are going to have to make compromises. If you want a horse that is capable of covering great distances in the fastest time, then you should expect it to be less than perfect as a draft animal. A horse used for roping heavy stock is likely to be too heavily built for endurance. An ass that can get you over seemingly impossible terrain should not be expected to do so in record time. The following are some of the most popular and readily available breeds in this country.

The most popular horse, especially in the West, is the Quarter Horse. The Quarter Horse was originally bred as a short distance racer, specifically the quarter mile. For short distances this is the fastest of all breeds. The Quarter Horse is heavy and muscular. The same heavy musculature that gives them their speed and power makes them tire more quickly than the lighter breeds. One of the primary uses of this breed is working stock. The Quarter Horse's quickness makes it a good choice for cutting cattle, particularly in confined areas. The speed and strength also make this breed a fine choice for roping.

The Arabian is one of the lightest of the full sized breeds. Originally bred by the desert tribes as a war horse, this breed has the greatest stamina. This is the most popular choice for endurance racing. Despite their light weight, the Arabian can carry heavy loads. They have finished the grueling 100-miles-in-one-day Tavis Cup race, carrying a 250-pound load. They can be used for anything from stock work to light pulling, but their light weight makes them a poor choice for roping

(Continued on page 60)



Outdoors Cookery:

# Earth Ovens

*The easiest way to prepare food that primitive man has ever devised...*

By Allen Deever



ABOVE — In the South Seas islands large feasts are accomplished by using an earth oven.

LEFT — Native Tongans place packages of food atop a layer of root crops.

RIGHT — There's something magical about an umu, the way the flavors of food blend deliciously together.





**S**UPPOSE you've mastered the outdoor skills of foraging and fishing, you've perfected your trapping and snaring techniques, have a good supply of ammunition and are proficient with a rifle or bow. A freshly cleaned elk carcass is hanging from a tree loaded with ripe wild juneberries outside, and a tub is full of fresh fish. To add to your booty, a bushel of poke greens and 10 pounds of bolete mushrooms drag in your rucksack.

If you're in the woods or any primitive situation, it's not likely you'll have an electric range or gas oven at your disposal for cooking. The very size and amount of your produce and game makes it impractical to roast over an open flame, and if there were no pots and pans available, you'd be hard pressed to cook your fruits and vegetables properly. So what do you do? Go native!

In the South Seas islands large feasts are accomplished by using an earth oven or *umu*, which is really not that much different than the deep pit barbecues used by our wild and woolly western cowboys.

The *umu*, though millennia old, is about the best and easiest way to cook food that primitive or modern man has ever devised. Better even than the microwave! Once the earth oven is pre-

pared and the food is placed in and covered up, there's no hassle with adjusting temperatures, no basting, no splattering, and no smoke. The food is slowly and thoroughly simmered in its own juices to tender perfection in about two hour's time while the cook, no thanks to his help, just lounges around the beach, the meadow or woods, catching a few rays of afternoon sun.

Basically, an *umu* is just a hole in the ground lined with superheated stones. Because of its nature an *umu* can be made in almost any soil type, so long as the soil can be dug far enough into. I've built mine in both loose sand and packed dirt, and various combinations between. When the hole is dug throw on the packets of food, cover with leaves and with earth, let steam, and by golly you've got it!

Well, almost anyway. Not long after I was privileged to partake in my first real *umukai* (island feast) on the island of Tonga, I decided to give one a go myself and quickly discovered that what one dozen experienced Tongans make look easy, is not so easy for one inexperienced beachcomber. However, when armed with the knowledge of the proper techniques even a neophyte can prepare a steamy, succulent meal that far surpasses the dry, hurried cooking that takes place in a conventional oven

at home. Now for those little details that make all the difference.

**Construction** — The first step in preparing an earth oven is to determine the necessary size of the oven. If you're cooking a simple meal for four, it needn't be more than a couple feet deep and three feet around; *it's the size of the game that determines the depth and circumference*. If the viands to be cooked are large, adjust the pit to be wide enough and long enough for everything to fit, and at least a couple inches below the surface of the ground after the food is in place.

If you have a two-person team one can attend to the construction and firing of the *umu*, while the other is preparing the food. If you're on your own, you'll just have to first build — but not light — the oven, then afterwards prepare the parcels of food. Throughout this article I'll assume the reader is a lone beachcomber, and detail each step accordingly.

Once the pit has been dug to sufficient proportions, gather enough firewood to loosely fill in the hole, setting aside a pile of stout branches (no more than an inch in diameter) for step number three. Hopefully, while gathering firewood the cook also kept an eye



You're a seasoned outdoorsman. A freshly cleaned elk hangs from a tree outside loaded with ripe wild juneberries. It's been a great haul, yet one nagging question remains: how do you cook it all?



## Earth Ovens

out for rocks. The secret of the success of an umu is how well the oven holds heat, and nothing holds in the heat like a stone. But not just any stone, mind you.

My first attempt at an earth oven was on the island of Moorea, across the blue lagoons of Tahiti in French Polynesia. I make the distinction here between attempt and "successful attempt." While gathering stones for this umu, I found some wonderful pieces of dark, layered slate near the seashore. Slate, as I found to my surprise, makes about as practical a heat receptor as a live grenade, and can be no less lethal. As the slate heated up, the trapped moisture within its many layers rapidly turned to steam, expanding instantaneously causing the brittle stones to explode into scores of searing, razor-sharp pieces of shrapnel that erupted from the ground and sent bystanders running. *Do not use slate!* Even dry slate, when heated, can explode into dangerous fragments.

The very best stones for an earth oven are igneous stones — rocks of volcanic origin. Granite, for example, is an igneous stone and works well. If in the city, chunks of concrete or bricks can be used to nearly equal effect. Asphalt, on the other hand, will just melt into gravel and give a bad smell to the food.

South Seas islanders are some of the most ingenious people I know and are experts at making due with whatever they have. Those natives inhabiting the far-flung coralline atolls of the equatorial Pacific, who have no volcanic rocks available, use dry chunks of coral or even coconut husks instead. The only problem here is that the heat receptors can be used only once. The coconut husks will be reduced to ashes, and the coral to calcium carbonate dust. If no suitable rocks are available in your locale, all is not lost. Dig the pit twice as deep and fill with wood. The compacted ashes will serve to hold heat; it's just that rocks are great conservers of fuel.

**Luau** — To get the umu ready for your big *luau*, fashion a strong lattice work above the oven (made of the set aside sticks) by crisscrossing them one over the other. Pile the rocks, bricks or whatever atop of the sticks, leaving just enough room around the sides of the oven to light the fire in later. The rocks are placed over the fire so that when it is ablaze, the stones will be heated



A layer of leaves, cardboard and soil make the finishing touches. The food will simmer to perfection in its own juices in about two hour's time.

from underneath. As the fire continues to burn, the lattice work will smolder and after awhile collapse. When it does the stones will drop through, placing them in a position to also be heated on the sides and the top. Natural automation! Everything in an umu is designed for absolute efficiency and simplicity.

Now we'll turn our attention to the food. It's entirely possible to throw a whole elk in an umu and let it cook *ala carte*, similar to what the Hawaiians do with kailua pig. Personally I prefer to have my food in smaller portions. Not only is it much easier to handle and eat later, it also cooks better. Too large of game is nearly impossible to wrap, it may be overdone and dry in some portions, and raw and bloody elsewhere.

When the islanders prepare their meats, they reduce the victuals into individually wrapped portions just right for one, sealed in an edible container. This is done by first spreading four young taro leaves across each other in a clover leaf configuration. The main course is placed in the center of these leaves where they overlap together, then each of the four corners is folded over the other like the lid of a box, enclosing the goodies within. Modern man with his aluminum foil lined TV dinners hasn't yet designed a pan so practical as taro that can be heated and eaten with the main course!

This edible package is in turn surrounded by a freshly picked banana leaf that is wrapped around it and tied off "Christmas package-style" with the fibery strings from the banana leaf midrib. If the meat or vegetables are being cooked without any sauce, a

sprinkling of water is added before tying this last layer off. This is done for two reasons: one, without the added moisture the longer cooking time of an earth oven could cause the meat to be a little too dry; and two, the steam that's produced causes the cooking temperature to be higher than what the dry heat could produce alone.

The islander's choice of leaves for the wrapping is also not without reason. The banana leaf is not edible but it is not toxic, and therefore makes a safe natural cooking container. It is thick enough to keep too hot a fire from charring the food, besides being large enough to hold a hefty serving. It also gives off a pleasant aroma when cooked, enhancing the flavor of the overall dish.

**American Style** — Since both taro and banana leaves can be rather hard to come by here on the "mainland," I've listed some suitable substitutes for the outdoorsman in the North American bush. Wild sugar beet (*Beta vulgaris*), yellow dock (*Rumex crispus*), ulva (sea lettuce) and full-sized yet young wild grape leaves make excellent wild substitutes for taro, or on the tamer side, so will cultivated lettuce or cabbage. In lieu of banana try weaving cattail leaves together to form the outer package, or if in a desert or urban environment, use palm leaves. *Just be sure to know that whatever plant you use is non-poisonous.* The secret of success when making these vegetable containers is to first wilt the leaves that you use, over a small open fire. This makes them pliable and less likely to break. If you're unsure of the edibility of the available plants, use wet cotton



or wool clothing, or burlap bags to wrap the food parcels in.

Some foods needn't be protected at all. After lighting the fire, thoroughly heating the stones above and beneath, removing all large burning embers (we want heat, not flames!), and spreading the stones out evenly, root vegetables such as potatoes, yams, cattail rhizomes, agave, etc., can be placed directly atop the hot rocks. Pile the prepared packets of food atop these and you're almost finished. If there are no root vegetables between the stones and the packets of food, make sure to wrap an extra layer or two of leaves on the outside last layer; to keep the food from scorching.

Once everything is in place, cover it all with a thick layer of non-poisonous leaves: grass clippings, clovers, ferns, seaweed, pine and willow boughs will all do. This will help seal the heat in and provide a little more moisture. Finally, cover the last layer of leaves with cardboard or sheets or cloth, and completely bury this under a thick layer of dirt till nothing is showing beneath and no steam can be seen escaping.

If this is a fairly small dinner (enough to feed one to eight) with game no larger than rabbits or fish, two hours cooking time should suffice. If cooking an elk or a deer be sure to start your umu early in the morning, and don't uncover until almost sundown. Twelve hours is about right.

When uncovering the umu be careful not to let any dirt slip down inside on top of the moist food (the whole reason for the layer of cardboard or sheets). As that last layer of leaves is raked off you'll be greeted with a steamy heavenly scent, a benign spirit of a delicious thing to come. There's something magical about an umu, the way such flavors blend together, where even corned beef or mutton is transformed into an epicurean's dish.

To partake of this feast like a true native, use only the silverware provided by nature at the end of your palms. A well bred "northerner" might snub his nose at the unmannerly thought of eating with only his fingers, but the freer "southerners" are under no such restrictions. Try it, and in a very short while you'll discover that food actually tastes better when eaten this way, for you'll notice (after returning to more "civilized" ways), that the metallic taste of the fork and the spoon remains in the food. It makes one wonder who are the "primitive" natives after all. •

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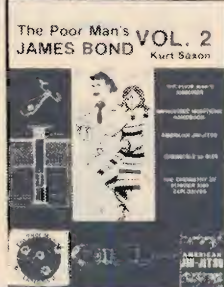
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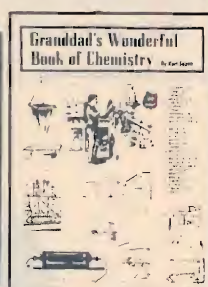
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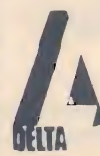


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## Survival Horse

(Continued from page 55)

heavy stock and pulling large loads. Because of their stamina and intelligence, this is my choice as a survival horse.

My second choice for survival is the Morgan. This breed was developed to be a dual purpose animal. They were intended to be used for riding or pulling a buggy and also for plowing and other farm work. This breed is somewhat heavier than the Arabian and lighter than the Quarter Horse or the draft breeds. The Morgan is a good compromise if your horse must be used for pulling heavy loads yet still have good endurance. Like most compromises, this isn't perfect. They do not have the power of the pure draft horse or quite as much long distance speed as the Arabian.

The Thoroughbred was developed for racing. They are a tall horse and lighter in build than other breeds that are as tall. The Thoroughbred is very fast in races of moderate length, but doesn't have the endurance of the Arabian or Morgan. In the shorter endurance races, some have done quite well. They were used extensively by the cavalry. Despite their apparent size they are a poor choice for draft work. Some strains, racing bloodlines in particular, are highly nervous and erratic. Some Thoroughbred-Quarter Horse crosses make excellent working horses.

These are just a few of the breeds

of horses. There are many others and each have their followers. You have to decide what you need. If you live near or on your retreat, then you may not need great endurance. Perhaps you have a farm and need a horse just for draft work. If you live in mountains or a long distance from your retreat, then endurance and sure-footedness may be the most important considerations.

Once you have decided what breed or breeds you are interested in, you will want to look at as many horses as possible. Looking at the classified ads in a newspaper should give you at least one breeder worth looking into, unless the breed you want is uncommon in your area. Another way to find a breeder is to talk to horsemen. If you don't know anyone who keeps horses then try going to rodeos, roping arenas, riding stables, even western stores. You are bound to meet someone who can give you an idea of where to go. The way that will give you the best selection of breeders is to look at the ads in horse magazines, preferably those devoted to the breed that you are considering.

If the breeders you go to show their horses, they will probably try to impress you with their wins. This is fine, but it may not be very important for the person who wants a working horse. Many of the show classes are judged primarily on conformation. Good conformation depends so much on the taste of the judge that many

big breeders simply travel to shows where there is a judge they know favors their horse.

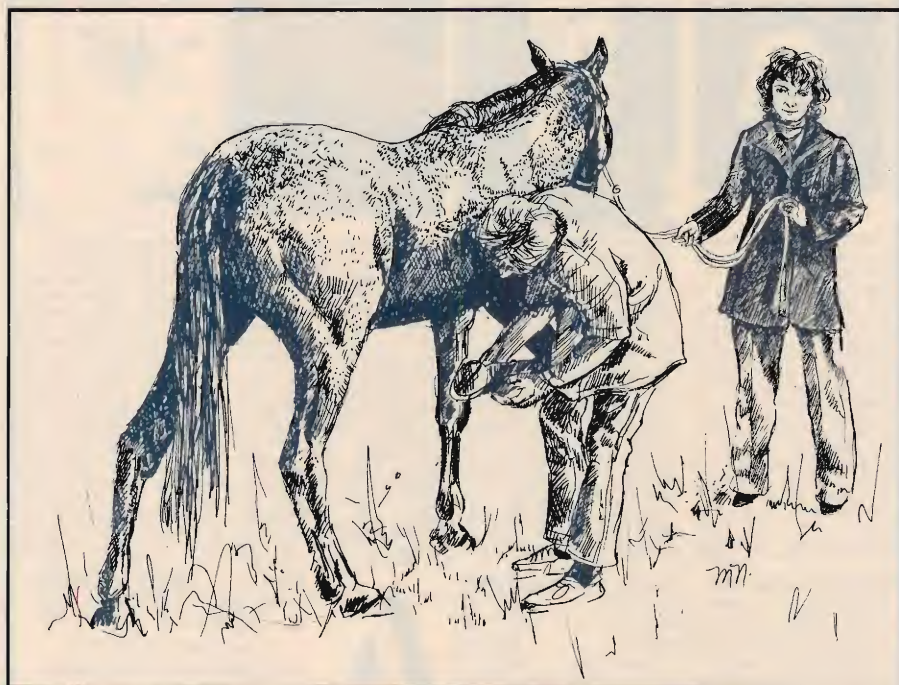
There are also performance classes. These test the horse's abilities. Even these are also sometimes a matter of taste. They do provide a better indication of the horse's potential, but do not really show as much as the owner would like you to think. A horse that does very well in a cutting class, may be useless for herding cattle over unfamiliar terrain.

The more people you bring along with you to ride the horse, the better. Some owners may object to this but it's your money. It can take a good rider to appreciate some of the more highly trained horses. This does not mean that a beginner shouldn't choose such a horse. It just means that they will need to improve their riding skills to use all of their horse's training. For example, if you are not able to sit on a horse well, then it would be difficult to assess how well the animal responds to subtle cues made by slight leg pressure or weight changes. It is also good to have an inexperienced rider try the horse. Some horses will behave perfectly for a good rider and be unmanageable for someone who is less experienced. There are also horses that are sexist. They may work very well for a woman, but hate men, or the other way around.

**Owners Handling** — One thing that can tell you quite a bit about a horse is watching the owner catch it. This is a good reason for leaving the time that you are coming unknown. Watch to see if the horse comes willingly or has to be trapped. If it comes readily, it may be simply hoping for food, or it may want attention. In either case, it is showing that it is not afraid. A horse that likes attention and human companionship is almost always easier to train and handle than the one that is standoffish. A horse that runs could be just playing, or it could be afraid of people.

Find out exactly what the horse has been trained for. Ask for a demonstration. Better yet, test the animal yourself. Often, you will find that either the seller has a different idea of what "trained" means, or that the horse is just not as competent as it was represented.

It is very easy for a highly skilled rider to forget how difficult it can be for a novice, or even a moderately skilled rider, to make a horse perform



Before buying a horse, always have a veterinarian give the animal a thorough examination.





A Quarter Horse's heavy muscles and quick bursts of speed make it an excellent stock horse.

well. This is one reason to make sure that the person the horse is being purchased for rides it. If you intend the horse for yourself, then you should ride it. The same is true if it is going to be ridden by your wife, husband or child. The time to find out if you can handle the animal is before you buy, not after.

If it is possible, you should ride in an area that is new to the horse. This will tell you a great deal about how suitable it is as a survival companion. After a disaster, you may very well be riding in strange places. You need an animal that accepts new smells, sounds and sights calmly and sensibly. A horse that behaves perfectly in a pen, can become unmanageable when confronted with something new. Here again, the time to find this out is before the horse is your problem. The best way to do this, if you're truly serious about the animal, is to take it on a trial basis. Most breeders do not like to do this, but it is about the only way to really get to know the horse. A trial period will let you see how the horse does for the type of riding that you intend to do.

One last thing to do before buying a horse is to have a veterinarian give the animal a thorough examination. The veterinarian should be able to give you an estimate of the animal's age. They are able to pick out faults that are all too easy for the layman to miss and even point out things that may cause trouble in the future.

If you take your time and select your horse carefully, you will have an extremely valuable asset for survival and a great hobby as well. If you choose an animal that doesn't suit you then, welcome to that old and well known club of the horse trader. ●

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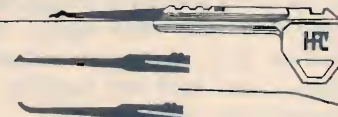


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## The Saga Of Lt. Hiroo Onoda

(Continued from page 29)

filled the bottles with coconut oil.

The bottles were cached in groups of three or four about their territory. The caches were purposely kept small so as to cut losses if they were found or if the cache were for some reason misplaced.

Once each year as part of their survival plan the little group relocated, opened, inspected and, if necessary, replaced their ammo caches. Questionable rounds were removed. Definite duds were pulled for their powder. Questionable cartridges were kept for hunting. Powder from dud rounds was used to start campfires.

At the time the ammo was manufactured, an average of about one in five Japanese rounds failed to fire. Given their manufactured origin, the hostile climate and the coconut oil treatment, it is a miracle that any of the cartridges fired at the end of their 30-year tour of duty.

Corporal Shimada, a farmer's son who had in his teen years spent considerable time in the mountains coking charcoal, served as the group's survival instructor. It was by Shimada's hand that they learned to forage, hunt, butcher and cure wild game, build smokeless fires, construct makeshift shelters, cache food and supplies and to generally live off the land.

**Survival Plan**—They started their survival plan with a three-month supply of rice which they stretched out as much as possible. Right after the war's end, cattle were fairly abundant on Lubang. They found it took about three cattle per man per year to supplement the other edible supplies they were able to pry away from Mother Nature. Over the course of 30 years Onoda estimates they ate almost 200 critters.

When cattle were in short supply they occasionally shot water buffalo and horses. Any critters were immediately butchered and fire dried virtually on the spot where they fell. The hide was saved to make patches and occasionally garments themselves, as well as tents and carry bags, etc., etc. They carried the bones and other evidence off to an obscure location to dump them in a place where they would not give alarm.

Like most Japanese, Onoda and his followers were raised on a rice diet. They longed for rice, dreamed about rice and craved rice, but unless they

were able to unobtrusively requisition some from the natives, they generally had to live on bananas, coconuts and a wild fruit called nanka. They also ate Papaya leaves, wild eggplants and sweet potatoes when these were in season. Over the course of their 30 years in Lubang, they learned the location and season for the island's wild edibles. Because Shimada, their survival instructor, was not a native they probably missed some meals that would have been perfectly safe. On the other hand they never got food poisoning or similar maladies.

The men never did undertake the keeping of a garden. Probably because they felt compelled for security reasons to keep moving and to leave no permanent signs of their presence. Not being able to garden had to be one of the toughest handicaps under which they lived.

During the rainy season when few natives ventured into the jungle they built semi-permanent shelters deep in the remote mountains. They holed up in these shelters till the horrible rainy weather passed.

When blue skies returned in October they carefully dismantled the structure and scattered the remains, destroying all signs of their presence. They even washed and scattered their five stones. Onoda reported that in most cases the shelter about rotted away during two to three months of use.

All this paranoia prevented them from being found but did not hide the fact that Onoda and his group were alive and well in the mountains. Onoda himself kept his legend alive by waging unending warfare on the hapless natives.

Once each year Onoda's war group felt compelled to over run the native rice fields and burn as much of the crop as they could.

Private Kozuka was killed in 1972 by Filipino police while attempting to repeat this maneuver the 15th year in a row. Kozuka's death left Onoda a solo. He survived on his own for another two years.

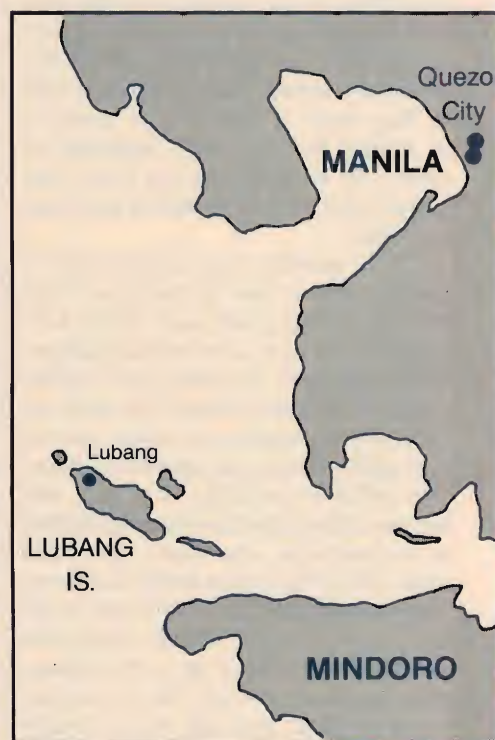
Private Akatsu gave it up or, as Onoda says, defected in 1949. He was in poor health, poor spirits and generally lacked the depth of resolve possessed by the other three.

Corporal Shimada, the survivalist, died in 1954 when the three were unlucky enough to run into a Filipino

commando unit undergoing mountain training on Lubang in preparation to fight the Huks.

Onoda, along with his incredible will to survive, was healthy. He was five feet and four inches tall and weighed 132 pounds when he went into the mountains. He could easily, according to his army record, shoulder a 30-kilo pack and march 20 kilometers.

Onoda was extensively tested when he came out. His weight and general physical condition were unchanged. Even after 30 years sleeping on the ground in the jungle he was judged to be in excellent physical condition.



The Island of Lubang southwest of Manila.

Lt. Onoda spent a good deal of his considerable energy contemplating the state of his health. Little things such as an ant bite or a splinter in the foot could, he knew, have dire consequences. There was precious little he could do if things did go wrong. Other than an occasional bottle of mercurchrome they "requisitioned," they had absolutely no medications.

Streams on Lubang in the interior run pure and clean. Even so, Onoda boiled all his drinking water. He took time to bathe regularly and to wash his clothes.

Keeping his garments in some semblance of repair was a continuing headache. The hostile jungle rapidly rotted



his cotton duck drill clothing at the collar, under the arms and behind the knees. Often in a matter of weeks or at most a couple of months.

Onoda made needles from scraps of wire netting. He used fibers from hemp-like plants that grew wild in the mountains for thread.

As the years passed they found it essential to scrounge whatever additional clothes they could from the natives.

They made sandals from woven straw and from tires when they could find them.

Wild game consisted principally of the large rice rats that abounded on Lubang. These rats had more in common with American muskrats than barn rats. They were caught in snares and improvised box traps.

In addition to rats, the often famished group ate wild cats, hogs and several types of chicken-sized wild birds. All were caught in snares or small box traps.

Although the Japanese are by habit fish eaters, little effort was made to secure a meal from the many streams and rivers on Lubang. Because of the danger they did not go to the coast or ever attempt to fish in the coastal areas where they might be seen.

Snakes and scorpions on the island were a concern but no incidents were reported. Onoda's memory of what transpired was very good. He remembered specific events in great detail.

Lubang does not have malaria so common mosquitoes, ants and centipedes were the principal day-to-day threats.

Taken one day at a time, the situation Lt. Onoda faced does not seem to be particularly desperate. The climate was generally warm to mild, there were wild things to eat and just doing their regular chores kept them busy sunup to sundown.

As a general rule, they did not tempt fate. They kept well clear of any settlements and were extremely careful never to leave even so much as a soiled piece of paper behind as a sign of their presence.

**Newspapers Left**—One day at a time Lt. Onoda's stay on Lubang grew to span 30 years. Because Japanese friends tried to coax him out of the jungle by leaving newspapers about, Onoda knew the day and year with a good deal of accuracy.

He read the papers with interest, cautiously assuming the accounts of

peace and economic rebuilding in Japan were simply tricks on the part of the Americans to pull him away from his appointed assignment to "hold out till the army returned."

Solitude does strange things to the minds of survivors. As often happens, all logic was forgotten. Onoda determined that he was to follow orders and the only thing that might deter him was his own moral weakness. He would not be morally weak and be fooled by enemy propaganda, he concluded.

Onoda was fully prepared to hold out another 20 years if necessary. He had decided that his life in the jungle had not aged him biologically. He computed his physical age to be 36 or 37, rather than the 54 he had actually grown to.

As a final act of determination, in 1973 he divided up his remaining ammunition and mentally calculated he would have to cut his use to about 12 rounds per year to make it. A possible goal, he felt, now that he was the only one left.

On February 15, 1974, Norio Suzuki, a Japanese university dropout turned international adventurer, pitched his tent in the central mountains of Lubang in Onoda's territory. He raised a Japanese flag and resolved to wait till Hiroo Onoda showed up.

Mr. Suzuki was reasonably certain Lt. Onoda was in the immediate region because of reports that one man remained of two spotted during the skirmish that killed Kozuka in 1972. The methodical Japanese put all the pieces of the puzzle together and concluded that Onoda was in fact the one holding out in the region.

On February 20, 1974, Hiroo made contact with Suzuki. Suzuki took some pictures and then went back to Japan to find Major Taniguchi from the days of Lt. Onoda's commando training at Futamata.

Major Taniguchi brought new orders and, on March 9, read them to Lt. Onoda. They relieved him of any responsibility or duty to continue the war and ordered him back to Japan.

On March 12, 1974, Mr. Onoda finally returned home.

In conclusion he said, "For more than 20 years now, the idea of going home had barely occurred to me and I had never once dreamed of my family. My military assignment was my life and my support."

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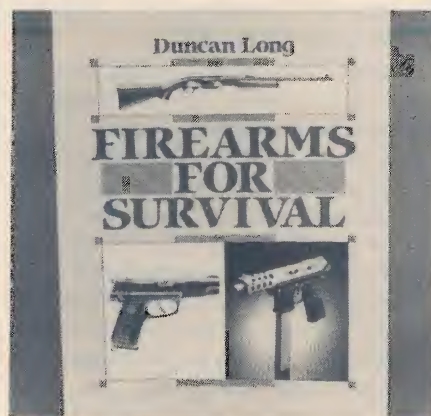
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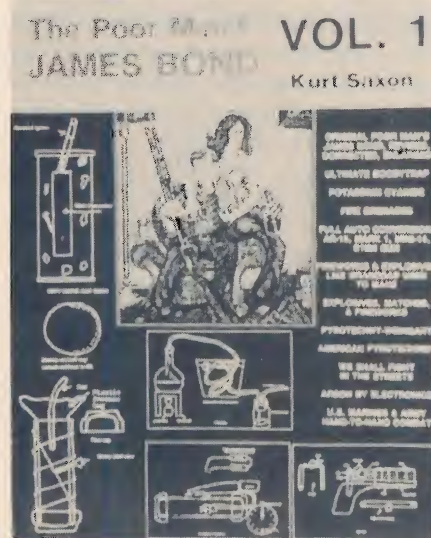
## BOOKS/VIDEOS

(Continued from page 10)



**Firearms For Survival**, by Duncan Long, Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; 136 pages, softcover; \$16.95 plus \$3 for postage and handling.

Many readers will recognize the name of Duncan Long from the articles he's done for this magazine, and probably already recognize him among the foremost authorities on survival firearms. In the words of the publisher, "*Firearms For Survival* cuts through the erroneous advice of gunshop commandos and manufacturers' hype to rate the best firearms for various life-threatening emergencies you may one day face." This is one of the most complete books on survival firearms available today.



**The Poor Man's James Bond, Volume 1**, revised edition, by Kurt Saxon; Butokukai, Dept. SGR, P.O. Box 430, Cornville, AZ 86325; (602) 634-6280; 477 pages, softcover; \$15.95 plus \$2 S&H.

This first of a set of three works con-

tains the original *Poor Man's James Bond* which has been revised, corrected and enlarged, plus information on the "ultimate boobytrap," fire grenades and potassium cyanide, full-auto conversions of the AR-15, Mark 1, Mini-14, Sten gun, *Fireworks & Explosives Like Granddad Used To Make*, *Explosives, Matches & Fireworks*, *Pyrotechny-Weingart*, *American Pyrotechnist*, *We Shall Fight In The Streets*, *Arson By Electronics*, *U.S. Marines & Army Hand-To-Hand Combat*. "Knowledge is power," as the author notes, and there's a wealth of fascinating knowledge in this book. What the reader does with that knowledge could get him/her in trouble with the law under certain circumstances. But the knowledge itself is legal and well worth the money for those interested.



**Living With Radiation**, National Radiological Protection Board, BERNAN-UNIPUB, Dept. ASG, 4611-F Assembly Drive, Lanham, MD 20706-4391; (301) 459-7666; softcover 53 pages; \$5.00 plus \$2.50 for shipping and handling.

The National Radiological Protection Board was created in the United Kingdom in 1970, "...to advance the acquisition of knowledge about the protection of mankind from radiation hazards and to provide information and advice about radiological protection." This handy little booklet has helped accomplish that goal. In its third revision, *Living With Radiation* now features chapters on such topics as concepts and quantities, radiation of natural origin, radiation of artificial origin, radiation effects, radiological protection, nuclear reactors, and radioactive waste. Fascinating and well presented, an excellent handbook for anyone truly wishing to plan for and deal with these future (and sometimes present) hazards.



## A black and white photograph showing a group of people, including children, walking across a field. In the background, there are several large, dark, rectangular objects, possibly military vehicles or equipment, parked in a line.

*To liberate from oppression* has been the long-time motto of the U.S. Army Special Forces, and this book is their story. Detailed in its pages is the history of the people who have come to represent U.S. unconventional warfare capability, an account of the elite men who forged this special branch of the service, the successes, the tragedies, and the loyalties that have made its history over the past four decades. An inspiration to all freedom loving people. •

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## Timeless Yurt

(Continued from page 27)

mum volume with a minimum of surface area. The wind slips easily around its curved walls and domed roof—truly an aerodynamic shape.

Why should a survivalist consider the yurt? Because it is the lightest, most compact and transportable "home" you can have. A mini-pickup can handle the job without crowding your other supplies. Since the yurt can be put up or taken down in less than an hour, it makes the perfect base camp for deer hunters. People with more permanent retreats will see the benefit of a yurt when used as a second encampment at higher pasture or as the summer "home." Because the yurt handles winter with such finesse, ski lodges have erected yurts along their cross-country ski trails. With a wood stove

hand saw, we cut poles nine feet long and brought them home in bundles of 10 to 12.

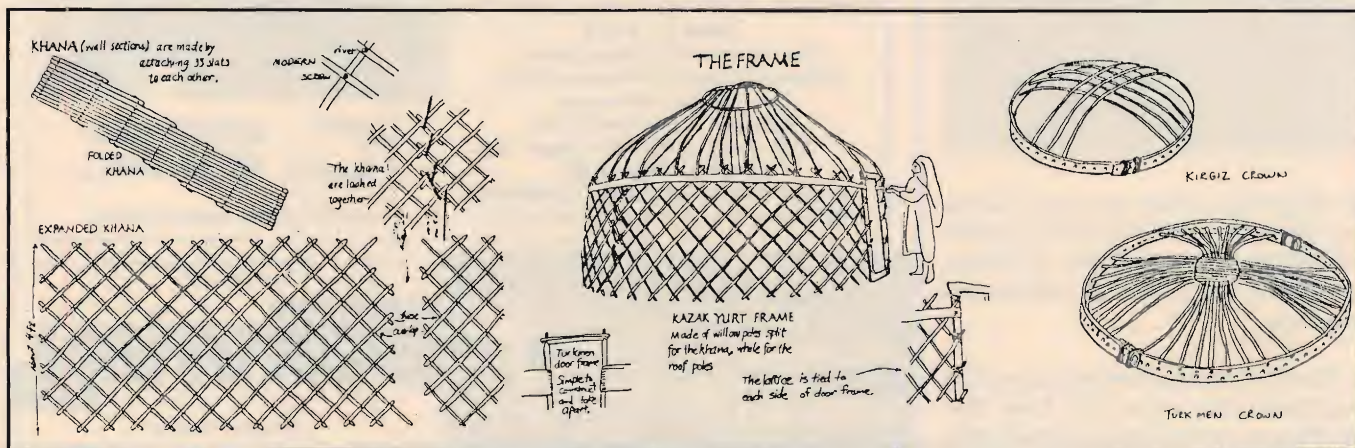
To make the lattice walls, we split each pole in half lengthwise and then cut them to about four feet long. These strips were layed on the ground to form a lattice four feet wide and eight feet long. Because it was impossible to find perfectly straight poles, the collapsible feature of the lattice was dropped.

We fastened one wall section together using real rawhide strips. Because this involved drilling holes in each crossed strip and tying the ends while still wet (a lot of work), we settled on using filament tape and taping the crossed pieces together. Rivets or screws would be a more permanent solution. The yurt is measured by the number of wall sections it has. These sections are called khana and most yurts have six or eight khana. A six-

canvas was the only material I had to buy to make our yurt. For \$200 I had made myself a home.

**Tension Band**—With two or three people the yurt can be put up in less than an hour. The khana are layered on the ground and lashed together to form a continuous wall about 48 feet long. The wall is then raised up and bent to form a circle. Each end of the wall is lashed to the door frame. Next, a tension band is placed around the top of the khana and tied to the door frame. Left alone, the roof poles would push the wall sections back, collapsing them to the ground. For this reason, a woven band is tied around the top of the wall. This tension band is the keystone of the yurt; all compressive forces that push outward are held inward by this band.

Attaching the roof poles and crown is the tricky part. A ladder is placed in



roaring inside, the winter yurt becomes a survival hut and a haven from unpredictable snow storms.

I admire the yurt because it is so much like a home. What tent can boast a doorframe and wood paneled door? Once you duck through the doorway and take a few steps, you can stand up straight and tall under the radial rafters and the crown. Another feature that I like is the skylight. As long as it's not raining the top flap of canvas that covers the crown can be flipped aside. Before modern wood-burning stoves, the yurt was heated by a hearth fire positioned in the center of the floor. The smoke escaped through the skylight opening. Since the yurt was always pitched facing south, the pool of light coming through the smoke hole acted like a clock.

A yurt can be built with the simplest of tools and using inexpensive materials. The yurt I put together was made from willow saplings taken from a river bank. Using a machete and a small

khana yurt would have a circumference of 48 feet and be about 16 feet in diameter.

The crown is the most difficult part of the yurt to make. By steaming two split saplings and bending them into half circles, we were able to lash the two together and make a crown. Holes are drilled in the crown at intervals so that the roof poles can be inserted into the crown. The roof poles are saplings eight feet long and should be tapered at the top to fit into the crown. It takes at least 30 to 40 roof poles to keep the covering from sagging between the poles.

The covering can be made from canvas. For the walls this is easy. A roll of canvas 48 inches wide can be rolled out the length of the circumference and tied to the door frame. The roof covering is a conical shape. We did this patchwork style by sewing pieces of canvas together in triangles. You will either have to hand-stitch this part or rent an industrial sewing machine. The

center of the soon-to-be yurt and a person climbs up holding the crown. Others begin inserting roof poles into the crown and then tie the bottom of each pole to an x-junction on the top of the khana wall.

After three poles are positioned the crown should technically be able to stay up by itself. We have found that it usually takes five to six poles lashed in place before the person on the ladder can let go of the crown.

Once all roof poles are in place it is just a simple matter of unrolling the canvas covering for the circular wall and tying it to the frame. The top canvas cover can then be unfolded and thrown up onto the rafter poles. A few extra poles can help push the canvas over the top if you don't want to be tugging and pulling from the ladder. Now the canvas should be tied and bound to the frame with twine so that the wind can't blow it off.

You're done. It's time to unpack and move in. ●



## Scout Rifle

(Continued from page 53)

a local range.

The other minor problem with the 18¼-inch barrel of the T-26 is that due to its shorter sight radius, the front sight post appears wider than a human torso at ranges beyond 200 yards. But as with the problem of muzzle flash, this is also easily corrected.

Those handy with a set of jewelers files can narrow the front sight blade by approximately one fourth. Or the front sight blade can be replaced with the narrower National Match version that is readily available from Springfield Armory. The only tool required for installation is an Allen wrench. Either method permits greater accuracy than is possible with a stock Garand.

As the scout rifle may be used over a wide range of terrain and climatic conditions, I undertook the expense of returning my T-26 to Springfield Armory and letting their team of trained armorers glass bed the action. At the time of this writing, this is an \$85 job, plus shipping costs. Now I have no worries about point of impact shift due to moisture absorption or loss warping my stock.

This action has also had the desired effect on the overall accuracy of my rifle. Before bedding, this weapon turned out 2- to 2½-inch groups at 100 yards. Now those groups run 1½-inch or smaller with military ball ammunition. This is well under the 3 MOA (minute of angle) minimum required by the armed forces for service rifle accuracy. If your budget can absorb the expense, glass bedding is well worth the time and effort. There are do-it-yourself kits available from such companies as Brown Precision of Los Molinos, CA. Complete instructions can be found in the book "The M-1 Rifle," available from the NRA. Cost of this book is a nominal \$1.50 plus an additional \$1.50 to cover shipping. For the Garand owner, this is \$3 well spent. At the end of this article, you'll find both addresses under equipment references.

**Test Firing** — The reliability of the T-26 using a variety of ammunition types is superb, for at no point in my own 500-round test was the rifle cleaned. For this article, two types of loads were used. A total of 300 rounds of Winchester's new 147-grain military-style hardball were consumed, along with 200 rounds of the aforementioned Federal 180-grain soft point hunting



The M1-D Sniper Rifle flash suppressor and National Match front sight are mounted on the author's T-26 Tanker Garand.

ammunition. Both batches of ammo were provided by their respective manufacturers. Without their generosity, these extended firing reliability tests would not have been possible.

As this is a military-type weapon, intended primarily for ball ammunition, this was evaluated first. Not one failure to feed or function was experienced with the Winchester ammunition. Frankly, I would have been very surprised and greatly disappointed if it had. Winchester quality lives on in this their latest offering. Accuracy from a makeshift bench rest, (my field pack on a wooden table), ranged from ¾ to 1¼ inches, 1½ inches being the typical group in slow fire with this load.

At the beginning of the test to evaluate the Federal ammunition, I anticipated failures to feed due to the soft nosed bullet design, and failures to function due to the slightly greater powder charge and resulting higher chamber pressures. Military weapons as a rule perform best with military ammunition that produces a uniform, and slightly milder chamber pressure. Out of the 200 rounds fired from my T-26, I experienced only one failure to feed. This occurred in the first 8-round clip fired, round 7 to be exact.

Group size with this ammunition was not as good as the Winchester 147-grain ball. Average size was 2 inches, still within the realm of practical hunting accuracy. Recoil is a little more pronounced than with the 147-grain loadings, but by no means uncomfortable. A fair comparison would be the recoil of a .270 in a 9 pound single shot or bolt action hunting rifle.

Springfield Armory has good news for current owners of the standard M1 Garand. A Tanker conversion kit, in both of the listed calibers, is available

for under \$300. Couple this kit with one of the inexpensive Garands now being imported and conversion becomes very cost effective indeed. Don't worry that because of the older, pitted barrels that accuracy will suffer. A brand new barrel is part of the conversion kit. Installation by a qualified gunsmith is highly recommended due to the need for special receiver and barrel clamps.

To the bolt action alternatives, I will add the British .303 caliber, especially for those who live near the Canadian border where this is a popular brush hunting round.

Another version of the Scout Rifle is currently being pioneered by noted pistol shooter Jeff Cooper. His rendition is a lightweight, short barreled, bolt action rifle, fitted and glass bedded to a synthetic stock. His departure from the norm is the addition of an extended eye relief (EER) scope, intended for hunting pistols, mounted on the barrel *ahead* of the receiver. In theory, one acquires the sight picture with both eyes open, allowing the brain to juxtapose the images received by both eyes.●

### References:

Springfield Armory  
420 West Main Street  
Geneseo, IL 61254

Federal Cartridge Company  
2700 Foshay Towers  
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Brown Precision  
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## Ranger 1911A1 .45

(Continued from page 25)

us here at ASG for evaluation recently.

Testers went up into the hills with it and shot it using standard hardball .45 ACP ammunition. In shooting this gun in different modes and positions and using up quite a few magazines full of ammo, the only problem experienced with it was a tendency for the spent cases to fly directly behind the pistol and into the face/head of the shooter.

Both test shooters were hit in the eyes area of their faces with spent cases but since they each had protective glasses on, the cases merely bounced off without

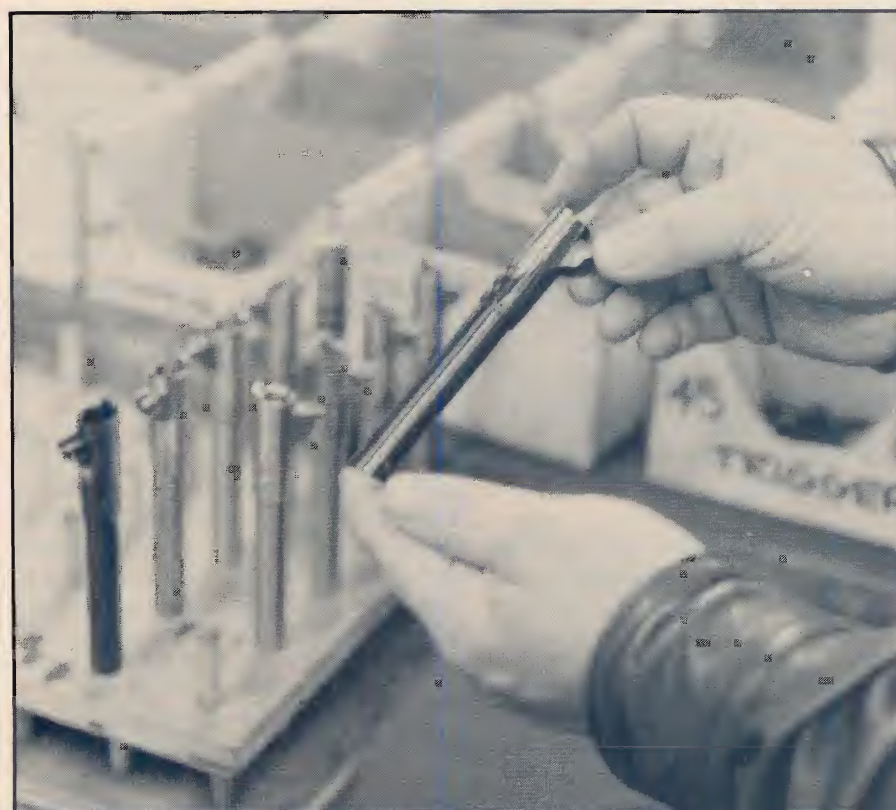
injuring them. Other cases struck their scalps or flew over their heads during test shooting in both slow and rapid fire. Still other empty cases were ejected properly and flew off to the right of the pistol away from the shooters.

We were unsure about just what caused the improper ejection and at this writing we have not had time to speak with Fed Ord's personnel about the problem, but we believe it is a minor one and expect a simple adjustment of the extractor tension is all that's required to correct it. It should be noted that this test gun was taken right off the production line in a hurry for us and

(Continued on page 70)



New parts for the Rangers are ready for inspection.





## Disasterproofing Your Car

Continued from page 18

discharge that continuous car camping, whether for an emergency or a simple vacation trip, will put on them. And present alternators are what's known as "third generation equipment" and their regulators are little solid state chips down inside the casing.

For survival or camping use, several things should be done. First, pull the low maintenance "slicktop" battery, and replace it with one that can be serviced. Next, replace the puny 45-amp alternator with an 80- or 100-amp model out of a wrecked taxi, police car or ambulance. If possible, specify a second generation model which was designed a work with an external regulator that you can get at for repairs and modifications. Now, get a device known as a battery isolator, which will allow you to charge and use two batteries. That way, your starting battery is never discharged from camping uses and, once the engine is running, the heavy duty alternator will easily charge two batteries. You can obtain the isolator, extra battery, box and extra cables at most RV supply houses.

To allow self repair capabilities, as well as a modicum of luxury in camp, you can get, from most RV and marine suppliers, a gadget known as a voltage controller or power box. Its function is to trick your alternator into producing 110 volts of *direct current*, which will run most small power tools, and many resistance type appliances.

The way it works, is to disconnect your alternator from the regulated input and the battery output. At the same time, it switches full battery voltage into the alternator's internal field, and routes the resulting 110 volts to a pair of standard sockets. I've run industrial skillsaws off them, and the power they give to jumpstarts has to be seen to be believed. You can even do light welding with some models. You will, however, have to read the manual. For instance, your batteries can't be charged when this doo-hickey is in operation.

Looking back over the list of modifications and additions, there's about \$500 worth of hardware piled up, if you shop cautiously and do the work in stages. But when you're finished, you will have a car that *looks* almost normal, but can go places that many four-wheelers fear to tread. ●

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## Ranger 1911A1 .45

(Continued from page 68)

may not have been as well prepared as the 1911A1s Fed Ord has been shipping out to dealers. Demand for these guns has been considerable and it was difficult to get even this sample gun for testing.

Other than the wayward cases, the Ranger worked superbly, hitting just about everything the shooters aimed at in the 15- to 30-yard test shooting distances. No jams or other malfunctions were experienced.

As was stated earlier, Fed Ord is producing a line of these pistols for diverse shooting needs. One characteristic of our test sample was an extended grip safety tang, as is shown in the accompanying photos. Fed Ord is also producing or will soon be producing a lightweight Government Model .45 using a high tensile strength alloy, a Commander frame in either standard 8620 steel or the lightweight alloy, a model with extended slide stop and thumb safety on the left side, and a 1911A1 with ambidextrous slide stop and thumb safety.

If the new Ranger .45 appeals to you, ask a gun dealer to show you one or contact Federal Ordnance, Inc., Dept. ASG, 1443 Potrero Ave., South El Monte, CA 91733; (818) 350-4161. •



The rear and front sights of the Ranger are fixed.



The extended grip safety tang is a distinguishing characteristic of the test Ranger 1911A1.



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# MAIL CALL

## Sexual Survival

I very much enjoyed Jim Benson's essay in "To The Point" in the February 1988 issue ASG. I tend to agree that each of the sexes has its faults as a group, and I think we are simply seeing ourselves when we criticize the other sex. Men and women express their problems differently, but I believe we basically have the same good and bad characteristics. By the way, are there any organizations here in southern California that could help a beginning survivalist? I would like to meet other people interested in survivalism and hear their experiences.

Jean Rosenstein  
Alta Loma, California

*We don't know offhand of any specific survival organizations in your area but we suggest you see Survivalist Directory in the magazine for listings of survivalists near you whom you could contact. Also, you could write Live Free, the national and international survivalist organization. Their address is P.O. Box 1743, Harvey, IL 60426.*

## Bomb/Survival Shelters

I am looking for a definitive source of information on bomb/survival shelters. I have found advertisements for shelters and magazine articles that touch upon the subject, but no books or other sources of information on the proper design and construction of shelters. Do you have any recommendations on where I can find such information? I understand that Switzerland is probably the most active country in the world when it comes to civil defense and shelter construction. Do you know where I might find information on Swiss construction techniques and equipment used in their shelters and air pumps? I appreciate any help you can give me.

Bruce M. Palmer  
Omaha, Nebraska

*This magazine regularly carries articles and advertisements on plans and books covering the subject as well as companies that design, build and even install*

*shelters. You can also check with the federal government's Federal Emergency Management Agency (FEMA) for more information.*

## BOSS Vs. BOS

We at the Boulder Outdoor Survival School (BOSS) are concerned over your recent article on The Base Operations School (BOS) located in Mesa, Arizona. BOSS applauds anyone taking the time and effort required to teach the arts of preparation and self sufficiency in varied conditions. The concern, however, stems not from anyone's actions, but from the potential confusion of program recognition. BOSS is not a "paramilitary" school in either content or philosophy, and we spend a good deal of time and effort in explaining that fact. Since we are perhaps the only school to have the word "SURVIVAL" in its title, it takes an even greater effort to maintain a proper perception of what it is we do at BOSS. BOSS is the oldest school in the U.S. teaching primitive survival skills and focusing solely on the arts of self sufficiency and nature awareness. BOSS is dedicated to the instruction and preservation of primitive survival, and the development of people through experiences with primitive life-ways. It is not my intent to influence your editorial content, but to let you know that since you have included both BOSS ASG August 1986) and BOS (ASG Jan 1988) in your magazine, we would appreciate it very much if you would print a brief clarification as to the distinctions between the two. Those wishing to obtain information about BOSS may write; BOSS Inc., P.O. Box 905, Rexburg, ID 83440; (208) 356-7446.

David Wescott, Director  
Rexburg, Idaho

*We hope this is a satisfactory clarification. Readers wishing to learn more about the Base Operations School (BOS), which teaches paramilitary survival skills as well as wilderness and survival medicine, and BOSS which teaches Stone Age survival skills, should see the respective articles. ●*

## ADVENTURE!



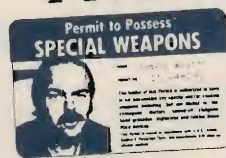
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Transporting Supplies:

# Utility Trailer

*If you have ever moved your own belongings, you know how little can be packed into a car. .*

By Roy Ruel



Completed utility trailer. Altogether, about a day's work was involved in constructing this one. Wood parts can be either left natural or treated with wood preservative, stained or painted.

**F**OR that dark moment when you must abandon forever all those possessions you are not able to carry and depart for your safe survival haven, have you considered how you would transport only your necessary survival needs, let alone include the many merely desirable wants?

Even with the well pre-supplied survival retreat there will always be the additional heavy clothing, boots, food, weapons for hunting and defense, medical supplies, tools, sewing materials, children's toys, books, pictures, and many, many other items both desirable and necessary that all take space — lots of it. If you have done just a

little in the way of moving you know how little can be really packed into a car. A van is far better and so is a pickup for those that own them, but added transport space is always needed.

One way to substantially augment your transport space without an equally substantial blow to the budget is to secure and assemble a utility trailer from a do-it-yourself kit.

Utility trailers are available — kit and ready-to-roll — from a variety of sources at an equal variety of prices. So if you think you might be interested, before jumping at the first you see, shop around a bit. By shopping and waiting I was able to obtain a trailer kit from

a regional auto supply chain on a "coupon special" for a little under \$120 complete. You may live in a different area, but if one chain can do it for that price so can others, maybe for even less.

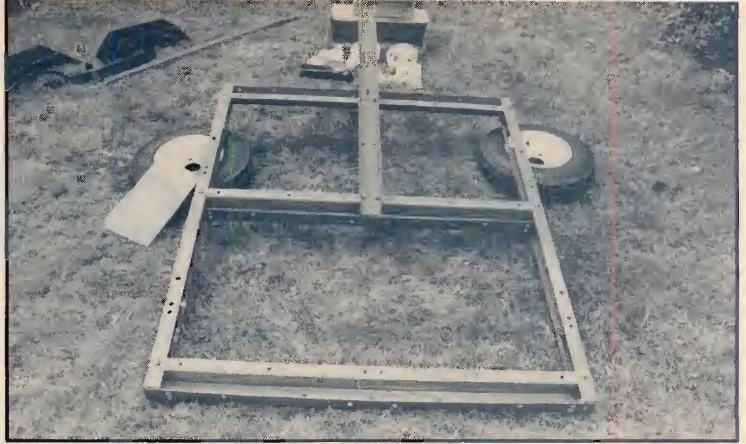
By "complete" is meant the basic trailer frame, the springs, the axle and wheels, the hitch, and all the nuts, bolts, washers, cotter keys, wire and lights to make a fully highway legal unit. My particular kit was manufactured by the Long Chih Industrial Co. Ltd. of Taiwan but similar units, if not identical are available under other brand names.

Assembly of this basic unit is not difficult for anyone at all handy with

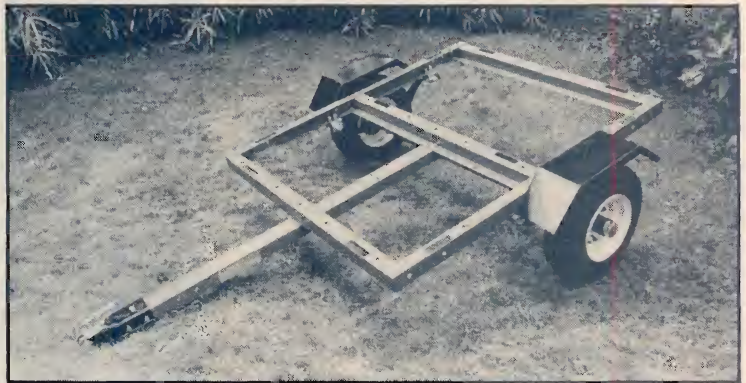




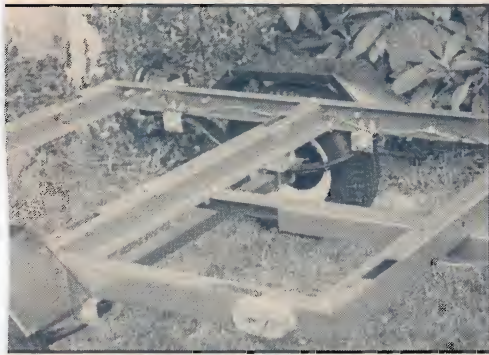
The kit was complete including an envelope of spare parts.



Main frame of trailer was first assembly job. Use of drift punch helped align parts before inserting bolts. All holes matched perfectly and all bolts used self locking nuts to prevent loosening under road vibration.



Fenders bolted in place and completed trailer frame all ready to roll.



Tail and side lights all installed with wires running inside the frame.



Bed constructed measured 4 by 6 feet. Two 2 by 3-inch rails under the bed raise it above the frame to clear the fenders. All pieces are held together with  $\frac{5}{16}$ -inch lag screws.



Plywood piece forms the front of the trailer box and is also lag screwed into place.

mechanic's tools and can be accomplished ready to roll in about a half day's time. While only-open, box-end, or crescent wrenches could be used, a  $\frac{3}{8}$ -inch drive socket set is a convenient addition and faster. If the cost of a full set can not be justified, simply buy a ratchet drive plus the one or two specific sockets required for the bulk of the work.

When doing the assembly be sure and note from the instruction sheet the size, type, and exact length bolt to be used at each point. While some of the longer ones that come in the kit will work in the early stages, when you come to the end if you are not careful you will be left with bolts with lengths too short

to be safe.

Only two items needed are not included in the basic package.

First, the ball part of the hitch that mounts on your towing vehicle. What will be involved for you depends wholly on that vehicle. If you have a van or pickup with a bumper already drilled for mounting a light duty ball, only purchase of a ball is required. For others you will need either to purchase one of the custom kits available from auto supplies specifically made for most vehicle models. In as much as only a 2,000-pound light duty hitch is required, the cost should not be great.

Second, you will have to decide on the type bed or box to be mounted on

the trailer frame best for you, and then purchase the rough materials and perform the required carpentry. The trailer pictured is used for an inflatable boat, general hauling to our site on the coast, and for bringing back firewood for home heating. The box quickly converts into a flat bed and in addition disassembles for inside storage.

When complete your trailer may require licensing in some states; check with your motor vehicles department.

The bottom line cost? With careful purchase of only those materials required, under \$200 is all inclusive. ●



# Hard-Core Foraging

*Reaping where you didn't sow. . .*

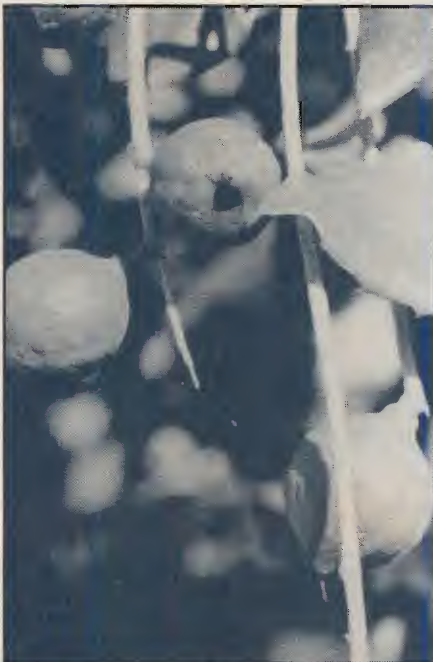
By Allen Deever

**E**uell Gibbons often referred to, what he called, his rule of fair foraging, "Reap where you did not sow, but only if it would otherwise go unused unless you take it." It's amazing how much goes unused. . .

Imagine utopia, a place where shopping means just selecting what you want, never purchasing. Imagine a society where your tax dollars are spent to cultivate exotic edibles: luscious berries, fragrant tropical fruits, orchards of rare and costly nuts; money actually being forked out on a truly worthy cause! Then, imagine this community garden offering free access to all; no wardens, no fences to keep fruit poachers out, no signs to say you can't pick the treasures within. And imagine this garden upkept by a culture of people completely oblivious to the wonders within this foraging preserve, a society of people so far removed from the wisdom of their forefathers that they no longer recognize what's edible and what's not, and come only to look. Think how much food that could leave to the wise with knowledgeable eyes! Sounds too good to be true? Such a place and a people exist; they're called your local park and your neighbors.

Modern cities everywhere harbor virtual gardens of Eden, greenbelts of gargantuan gardens in concrete jungles rife with groceries for the green gourmet to gather. Every playground, every civic center, library, college campus, and every parcel of public property is another aisle in the super urban grocery store where wise shoppers come to shop, but never spend or wait in checkstand lines.

In a city there are to be found more varieties of cultivated plants than the number of indigenous species growing in a forest meadow watered by a stream. More varieties of plant life can be counted in a block of homes than in an acre of the woods. No pond, no streamside, no chapparal-covered hill can hold a candle to the variety of



Exotic and costly macademia nuts hang from a tree just waiting to be gathered . . . for free.

flora in the city environs. And what's more, a great many of these "citified" plants are edible, delicious, and nutritious, and entirely free for the taking.

It's a wonderful fluke of nature that many of the most beautiful ornamentals are also delicious food bearing plants as well. And where else but in public places are these glorified edibles so carefully tended and so abundant?! "Then why don't more people eat them?" I am asked. They do, but not in the United States. These floral beauties come from the remote corners of the globe, from Asia Minor, eastern Australia, Africa and South America, and it's only because these foods have no prior history in our own culture that they are neglected as such.

But would it be possible to subsist merely on this public-subsidized fare alone? We decided to find out for ourselves by taking that question to the source. We took a map and drew a five mile circle around it, looking specifically for those areas marked in green, designating public places. With these

strategic zones clearly marked, we hit the streets. The following is an account of our find and a good example of what awaits the hard-core forager in any urban area.

**Edible Ornamentals** — The first foraging grounds I approached was the local state-owned college campus where I found quite a haul. Hedges of natal plums (*Carissa macrocarpa*) bordered the walks and were offering their purplish fruit. Natal plums, an African fruit, grow quite well in temperate regions. The plum-like fruit gives a juice with a beautiful color; that makes one of the most colorful jellies, jams or sauces I know. When picked the fruit oozes a milky white sap which most unknowingly take as an indication of its not being edible. Figs also do the same thing.

One of the reasons that many ornamentals never became popular American food items is that they often require processing to bring out their best. On its own the natal plum is good, but nothing to write home about. The taste is both sweet and sour, though there's something lacking in each. The texture is moist but mealy and filled with numerous, flat chewable seeds. Cook and sweeten it, however, and the natal plum is second to none.

Pyracantha berries (*Pyracantha coccinea*) in their prime burst upon the scene, filling planters with the bright scarlet red that announces the coming of winter. As a kid I was told these berries were poisonous, and nearly every one I've met has voiced the same thing. But then, the children of medieval Europe were once told the same thing about the tomato. In their native home in Asia Minor and the temperate hillsides of southern Europe the pyracantha is regarded as one of the best sources of marmalade. Out of hand, the berry is too dry and mealy to be really enjoyed, attracting only songbirds who thrive on the bush.





Imagine a public preserve, sponsored by tax dollars, where knowledgeable foragers are free to partake of the delicacies therein.

Covered and simmered in water for half of an hour, however, the resulting reddish-orange juice can be expressed from the fruit and mixed in a one-to-two ratio with sugar, a sprinkling of cinnamon and cloves, a tablespoon of fresh grated orange peel, and a package of pectin to create a marmalade taste treat. It has a flavor like spiced apple butter with just a hint of the orange.

Olives, also, this late fall, were still on the trees. Olives are a very popular ornamental that I found not only scattered around the campus, but in half of the parks that I visited. It's hardly a secret that olives are edible but it's a mystery to most how those astrin-

gent bitter berries could come to be the pimento-stuffed hors d'oeuvres they love, as if it were a process steeped in mystery and magic. To the contrary! Simply mix one quart of ripe black olives with 1-¼ cups of uniodized salt in a large bowl or crock, then pour another ¾ cup salt on top and let sit. Every third day dump the salt-covered olives from one crock into another. If you keep this up for a month you'll wind up with Greek olives. They're much stronger flavored than the store bought variety, but after getting used to eating "real" olives, the commercial kind seem rather anemic.

It is from these same olives that virgin olive oil is expressed, though

slightly underripe fruit is best. There's any number of ways to do this, the simplest and most primitive being to stuff them in a cloth bag placed in between two boards, then pile some heavy rocks on top. Catch what oozes out, bottle and refrigerate.

**Chocolate Substitute** — In more than one park I found the showy dark green leaves of the carob (*Ceratonia siliqua*), and drove through several neighborhoods where both sides of the streets were shaded by this same tree. In the past ten years the popularity of carob has skyrocketed, the health conscious regularly eat it in a variety of ways as they formerly did with chocolate. Some of these carob fanatics live on those same carob-lined streets, paying exorbitant prices for this favored sweet, while at the same time paying a gardener each week to clean up the fallen pods from their trees! One would think they'd put two and two together, and save a bundle on both.

Unlike cacao (the source of chocolate) the wholesome sweet chocolate-like substance of carob comes from the pod, not the tooth-breaking seeds. When dried, these pods contain 50 percent sugar per weight, making them a fantastic survival energy source that can be easily stored for hard times. In good times, the dark ripe pods taken straight from the trees make a great nibble when out for a walk, tasting a bit like a chocolate graham cracker, although the smell is slightly repugnant. For the adventurous cook, he/she can bake up some excellent chocolatey treats out of those pods collected during a stroll down the street to the park. First remove and discard the stem ends, then boil the rest of the pod until soft. Drain off the water and when cool enough to handle, carefully remove all the seeds. Boil or steam again for half an hour to thoroughly soften, drain one last time and puree in the blender. Use the pulp as is, substituting three tablespoons of wet carob pulp for one tablespoon of dry cocoa that any recipe might call for. For long-term storage, spread the pulp thinly on a cookie sheet and dry in a slow oven. Grind afterwards to a flour and store in an airtight container.

Pineapple guava (*Feijoa sellowiana*) is a native South American plant and popular park and yard ornamental on the West Coast, that does well in hot, drier valleys and cool, moist coastal areas. This small tree with its pretty silver leaves produces an abundance of bumpy green, oval-shaped fruit



## Hard-Core Foraging

that somewhat resembles a banana and a pear on the inside, and tastes like a pear and a pineapple. Since the color changes little from the young to the mature fruit, the best way to tell if it's ripe is to see how easily it is plucked from the tree.

In New Zealand this fruit is universally known by the tree's genus name of feijoa, and in season it is one of the country's most popular commercially raised fruits. The inhabitants of downunder find it almost as incomprehensible that it's raised in California just for its looks, as Californians find it incomprehensible that it's eaten. Pineapple guavas, like any guavas, have a lot of presence about them and are best stored in a cool pantry outside or in airtight containers in the refrigerator (unless you don't mind the entire house smelling of them). Eat as is, discarding the bitter green skin, scooping out the vitamin C rich pulp with a spoon, or use in any cake, pie or sauce recipe in lieu of the called for pineapple. If you can't wait for the fruit to get ripe, have an early season's snack on the velvety burgundy and white flowers. The sweet petals are added to salads.

**Flower Power** — Speaking of flowers, brightening up borders and planters of a majority of parks this time of year was the common pansy. The pansy, like its relative the edible blue violet (*Viola odorata*), is surprisingly high in both vitamins A and C, and in iron. The leaves are slightly astringent but make fine greens, and the sweet petals have been candied and used as a garnish for hundreds of years. The easiest way to enjoy them is as an addition to otherwise dull lettuce salads, where they add needed texture, taste and color. It's a flavor that also combines well when sauteed with meats.

Adding autumn color to the flower garden as well were golden rows of marigolds (*Calendula officinalis*), another edible beauty. Marigolds (or calendulas) have been purposely sown since at least 1573 by the Romans, who enjoyed their subtle flavor and texture, and the hue it imparted to wines. Use marigold petals when cooking with rice as an inexpensive substitute for saffron.

No park flower garden worth its salt would be planned without roses. It's widespread knowledge that those carrot-



The brilliant scarlet berries of pyracantha are renowned in Europe as an excellent ingredient for marmalade.



Many beautiful park ornamentals are none other than ordinary fruit trees.



orange hips with the pink rosy blush are high in vitamin C, but it's not common knowledge how high they are. One tiny cup of freshly deseeded hips has as much vitamin C as 120 to 144 oranges! They're also potent in calcium and phosphorus and, like the other fruits found, are in their prime towards the end of the year. A tea from the glossy green leaves or the roots is pleasant in flavor and makes a useful remedy for colic. The hairy inner seeds left over from preparing the hips are a rich source of vitamin E, and can be boiled then ground for a gruel or flour.

Other common park ornamentals I spot today and which usually aren't thought of as food include: birch trees and fir trees. Birch has long produced a number of edibles, especially in Norway and Sweden. The leaves when very young can be cooked into greens and were eaten by our own North American Indians. The young twigs make a pleasant nibble for hikers, bread from the sawdust of felled trees,

and the catkins (while still soft and green) are edible when cooked. A wine has been made of the sugary sap and a mild laxative is derived from the cooking water saved after preparing the leaves.

Many of the beautiful ornamentals I plundered were none other than the everyday fruit trees commonly purchased and eaten by all. These also are often planted in parks and in the parks I cruised on my mission I noted and relocated: avacados, macademia nuts, grapefruits, oranges, lemons, persimmons, and dates. In the end, I was more concerned with how I would carry it all, than with what I would find. Could I live off of public lands? Judge for yourself.

There's a real feel of freedom in knowing that I'll never starve, an independence rooted in the assurance that comes from being self-sufficient, if not in practice, at least in possibility. . . even if somebody else grew the food! ●



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